

# THE TRIALL OF TABACCO.

*Wherein, his worth is most worthily expressed : as, in the name, nature, and qualitie of the sayd hearb ; his speciall vse in all Physicke, with the true and right vse of taking it, aswell for the Seasons, and times, as also the Complexions, Dispositions, and Constitutions, of such Bodies, & Persons, as are fittest :*

*and to whom it is most profitable to take it.*

*Edmund Gardiner*  
By E.G. Gent. and Practicioner in  
PHYSICKE.



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to be sold at his shop in Paules Church-yard,  
at the signe of the Bishops-head.

THE  
REAL  
TABACCO



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W<sup>m</sup> Coley



## To the right Worshippfull Sir Edmond Carey Knight.



OU may peraduenture wonder (most worthy Sir) or if not your selfe, yet many others (I am sure) will, why I, being an old man, and in my declining age long since, would be so inconsiderate as to set pen to paper, and write a discourse of Tabacco. But I pray you giue me leauue to

speak for my selfe, and to answer both the one and the other. Isocrates (the famous Orator) wrote the sweetest and most eloquent Oration of his, called Panathenaica, after hee was fourescore yeares of age: and the same is reported of the diuine Plato, who continually studied, and wrote of diuers points in Philosophy when he likewise had passed the Eighty yeere of his age, and so continued to his dying day, as Iohn Pierius in Oloris Hieroglyphico saith. The famous lawyer Baldus began to study the ciuil Law at three of the clocke in the afternoon (at what time king Deiotarus began to build a Ciuitie) I mean, when he was an old man: and yet hauing an excellent, prompt, and pregnant wit, and a natural inclination to that kind of study, he became the most excellent man of his time. And although you will grant old men to bee subject to many imperfections and weaknesses, yet on the other side you must confess, that yong men are much tainted with lightnesse, inconstancy of mind, and ouermuch folly. Indeed old men are not so strong, quick, sprightfull, and deliuier as

## The Epistle Dedicatorie.

the yonger sort are: but yet in counsell, wisedom, experience and iudgement, they farre out strip them; and by these vertues, not by the other, noble and glorious enterprises are achiued and brought to passe: and this questionlesse was the true cause that mooued Augustus Cæsar that mightie Emperour, to make choise of no Captain that was vnder threescore yeares of age, in his whole armie. But why I, being of these yeares, should take in hand to write of Tabacco, I know deserueth wonder: but the truth is, that being long detained prisoner in the Kings bench, more upon malice of some few, than any merite of mine owne, and there seeing all sorts of people taking the fume of this hearb without any difference of age, condition, sexe, or respect of naturall constitution of any particular bodie, I then began to write a little of it for my owne recreation (my minde being then fatigated with other serious affaires, and caried away with other distractiōns) little thinking that that which then I wrote for my own priuate delight, shoud ever come to bee a prettie volume, as now I perceiue it is. Which after I had done, I acquainted some of my friends with the same, who instantly importuned me to commit it to the pressē.

There is no man now adayes, nor heretofore hath beene, that euer I could either see or read, who hath not writ too partially of this plant, and not distinctly and plainly, as (I hope) in this smal work I haue done. Besides, I haue added my owne censure (though verie sparingly) of the writers hereof, as well strangers as those of our owne countrey. I haue further discoursed of the diversities of names giue to this plant, with the nature and qualities thereof, to what diseases or griefes it is most appropriated, and with what formes it is best prepared & with what correctors; which I suppose few or none hath attempted: and yet whatsoeuer others herein haue

## The Epistle Dedicatore.

haue brought to light, though it bee never so little, I haue sincerely giuen the their due worth & honor, so farre forth as the merit of their vertue deserued. In the kingdom of Castile in Spaine, as Carolus Clusius writeth, there is such great plenty of Ledon (a kinde of wilde rosemarie) which of the inhabitants is called Ardiuieia, as there this is growne to a common prouerbe:

Quien al mont va, y mas no puede, Alomenos ardiuieja.

Hoc est: Quicunque montem accedit, potius quam inanis redeat, vel Ardiuiejā (plantam vilissimam) colligat. So rather than I will sit dronishly idle, will bee doing of somewhat, yea, thogh it be to write but of so mean a subiect as Ta. bacco. Some besides may also imagine that I doe nothing, but Aranearum telas texere, that is, in a friuolous matter, and of small moment, spend infinite and curious labour: so that I had more need sometimes to craue pardon for my long discourse about this subiect: wherein though many things may want to the satisfaction of an affected and searching head, yet I am sure here is inough to warrant the discharge of my good will, and to repell the censure of the scrupulous. Facilius est reprehendere quam imitari: and some can reproue without authority, which wil not allow proofes with authoritie: such they thinke their credit is with some people, as Pythagoras was amongst his owne schollers, who thought Pythagoras speech a sufficient warrant to prooue any thing, onely alleaging, Ipse dixit. I doubt not there bee man<sup>y</sup> Pythagoreans, that stand too much in their owne conceite. But to speake truth, and to make no better of my selfe than I am, I am farre unlike Pythagoras, my words carrie no such weight of credit, as that my bare affirmation should barre any man the libertie of

A

contradicting

## The Epistle Dedicatore.

contradiciting me: I am rather like the Duke of Venice, who of himselfe can doe little, and is like the Priest at Mass which putting on his golden garment, and making a goodly gay shew, seemeth to be a great man; but if any com unto him and craue some friendship at his hands, he will say, you must goe to the Masters of the parish, for I cannot pleasure you otherwise than by preferring your suit: and so it is with me.

Cum relogo, scripsisse pudet: quia plurima cerno,  
— me quoque qui feci, iudice, digna lini.

When I re-read, I shame I write: for much I see,  
My selfe, who made them, being iudge, blotted to be.

And therefore (right Worshipfull) fearing the like censure upon mee, that hath happened unto others, I haue presumed to dedicate these my labors unto you, & to shield them under the patronage of your noble name, trusting that as you haue alwaies been not onely a fauorer, but also a supporter and maintainer of learning and learned men, so you will accept in good worth this rude and compendious treatise, defending it as a patro, & receiuing it with good wil as from a well willing friend. Thus with encrease of Worship, prosperous health, and Gods graces, I commend you to the Almighty.

Your Worships most humble at commandement,

Edmund Gardiner.



## To the Curteous and friendly Readers.



Here be some, I make no question, which in this iudging world will censure me, either to be too idle, and to haue little else to doe, or imagine mee too curious for committing to the presse this little book: whose criticall censures, & byting stings I doe little esteeme, so that I may heare or know, that these trifles as they are accounted, will doe any good. Many fault-finders, envious carpers, and malicious ty-cophants (formalice is ever working of mischiese: & what is it that cankred *Calumnia* cannot invent?) will readily reprehēd, but this chiefly that I haue been too open in publishing medicines. But friendly and indifferent Readers, I for your sakes wil sustain willingly this blame, and for your good & contentment will beraudie to vndergoe more, and meekely to submit my selfe (if cause so require) to a prouoked patience. I send forth this worke to you that are studious and desirous of learning, not to sophysticall mount-bankes, ccuzering quackialuers, & such like false iugling deceiuers with their paradoxicall innovacions: whose countrey soile is to them a wilde cat, and who abuse all good arts wheresoeuer they come or abide. I must confessle that I haue vsed some store and varietie of examples, not thereby to vendicate to my selfe much reading, to arrogate to my selfe great learning, or that I coueted my diligence to be praised. For I desire to bee cured of ignorance, which I cannot be vnlesle I confessle the same: and that diligence deserueth but a slight and bare commendation, if any one of his own accord shal voluntarily take vpon him a needless

To the Reader.

lesse, vaine and vnnecessarie labour. But this was my scope, this the whole drift and marke I especially aymed and shotte at, that seeing the fume of this Indian Tabacco to be vsedly and abusedly taken of all sorts of men, all conditions and estates, to shew according to my simple skill the true vse of it, and to remoue out of their mindes the errors that manie are possessed if not bewitched withall, and to bring both their mindes and bodies to a better temper and moderation: which thing as hitherto, for ought I know, hath not beeene performed by any, nay scarselie attempted. But now perchaunce whilst I labour to please all, I displease all: If it be so, *Iacta est alea*, the dice are throwne. If any saying heere displease anie queasie stomacked Tabacconist, for remedie thereof, I would wish him to passe lightlie by it for feare of further offence. Physicke is a large profession: and euerie one as he is affected taketh one or other part to be illustrated, set foorth, and brought more to light by his labour and industrie: one in the Anatomie as *Casper Bauhinus*, *Salomon Albertus*, *Gabriel Fallopius*, *Andreas Vesalius*, and *Arantius of Bononia*. Another in the historie of Plantes and knowledge of Simples, as the most learned Maister *John Gerard Citizen of London*, *Carolus Clusius*, *Andreas Matthiolus*, *Rembert Dodson*, and others: A third in Fishes as *Rondeletius*; and others, in other living creatures as *Conradus Gesner*, and some in Mineralls, as *Rodolphus Agricola*, haue beeene found singular. And surelie they are not to be denied their due commendation, who in other smaller matters of Physicke haue done something, as namely those that haue corrected bookees, haue made commentaries vpon auncient authors, and translated out of the Greeke and Arabick tonges into the Latine or our own vulgar. In this so great a harness of fertill wittes, and expence of time, wherein manie men and the same verie learned and well practised haue taken paines, one thing remaineth vndone, that no man in my iudgement hath sufficiently entreated of this Plant namelie Tabacco, which is so much in vse amongst all English men. For either they doe commend it too much aboue measure, attributing to it so many great and excellent

To the Reader.

excellent vertues, as I thinke is scarce possible to finde in any one hearbe, or else on the contrarie they were so farre out of the way, as that they altogether contemned and discommended it: so that that which was to be well liked, they haue quite omitted, and that which is plaine, evident and manifest to all mens senses, they haue quite either denied or marred: for

— *Quid nobis certius ipsis  
Sensibus esse potest, quo vera ac falsa notemus?  
What can more certaine be than sense,  
Discerning truth from false pretense?*

But if this my labour may bee gratefully accepted, as with good will it is offered (as I doubt it not, if you please to censure justly thereof) I shall be encouraged thereby to publish and set forth in our native language, other workes intreating more copiously and fully of Physicke, and no lesse needfull to be knowne and published. So I wholly referre my selfe to your fauours and courteous constructions, still ressing

*Yours in all kinde affection,*

*Edmund Gardiner.*

The names of all those authors and  
learned men, whose authorities are  
cited in this present Worke.

Aristoteles.  
Alciatus.

Andreas Theneus.

Aegidius Eurartus.

Auicenna.

Augerius Ferrerius.

Alexander Trallianus.

Apianus.

Aetius.

Andreas Matthiolus Se-  
mensis.

Amatus Lusitanus.

Albertus Magnus.

Banisterus.

Carolus Clusius.

Cardinalis Cusanus.

Cornelius Celsus.

Carolus Stephanus.

Cornelius Tacitus.

Catullus.

Dion.

Diodorus Siculus.

Galenus.

Guido Pancirollus.

Garceas ab Horto.

Galfridus Chaucerus.

Dioscorides.

Gyilielmus Camdenus.

Fracastorius.

Iesiodus.

Homerus.

Hippocrates.

Hieronimus Cardanus.

Hercules Strozza.

Herodotus.

Guilielmus Clusius.

Vlrichus de Huttent.

Laurentius Ioubertus.

Horatius.

Iohannes Langius.

Iohannes Leo Afer.

Iohannes Gerardus Anglus.

Iohannes Liebaultius.

Iohannes Heurnius.

Iohannes Baptista Porta.

Iohannes Hollerius.

Iohannes Bruerinus.

Inuenalis.

Lucretius.

Iosephus Quercetanus.

Ludouicus Vertomanus.

Petrus Bellonius.

Titus Liuius.

Terentius.

Ronssaus.

The names of the Authors.)

Ronsseus.	Nicolaus Monardus.
Paulus Aegineta.	Petrus Pena.
Julius Palmarius.	Matthias de Lobell.
Theodorus Zuingerus.	Seneca.
Strabo.	Vergilius.
Publius Ouidius.	Plinius.
Martialis.	Theophrastus.
Paracelsus.	Philon.
Suetonius Tranquillus.	Philaretos.
Mercurius Britannicus.	Xenophon.
Richardus Hackluit.	Tibullus.



*In commendation of the Author.*

**A**S farre as *Boreas* clappes his brazen wings,  
So farre thy fame graue *Gardiner* shall flie.  
Pleasure and profit both thy rare Worke brings.  
Who rightly reads, will say as much as I;  
That thou of all doest yet deserue the praise,  
And to be crowned with a crowne of baines.

One, with disgracefull and despightfull words,  
This soueraigne Simple basely discommends:  
A second, loftie glorious tearmes affords,  
And grace too great vnto this Simple lends.  
Both are extremes. The golden meane is best:  
Which here thou keepest: thy Worke excels the rest.

Reioyce, O *Britaine*, that thou hast brought-forth  
A *Gardiner* of such admired skill.  
Thou shewest the vertue, the effect and worth,  
Of this rare Simple, the good vse and ill.  
Then vse it well, for *Gardiners* good sake:  
And from his Garden a chiose flower take.

*To: Serlo.*

*Edward Michaell; In commendation of his learned friend Master Edmund Gardiner.*

**T**He Author well deserues the Tipe of fame,  
To be conioyned to his honest name,  
For setting forth (vnto his Countreys view)  
Tabaccoes praise now in his brightest hue.

In lieu whereof, the guerdon he doth craue,  
Is but a kinde respect of him to haue.  
For, all his paines, taken for your delight,  
Is for to shew Tabaccoes vse aright.

Read then his worke, with iudgements brightest etc:  
And thank him kindly: Thus with me replie;  
*Gardiner Adieu*: thy Work deserues such praise,  
As few men giue, in these our latter daies.



I

## The triall of Tabacco.



Any men haue, many times, sette foorth to the publike viewe of the world, diuers books entreating specially of one subiect, and those either in praise or dispraise of the matter they wrote of: but yet amongst all writers or exscriptors there haue beene in my iudgement no treatises so often divulged, so greatly discoursed of, and presented to the eies of the world (especially of late time) as those, that discourse of Indian Tabacco, one liking, another discommending and dispraising, according to the seuerall whirles of their affections, either in part or in whole, this famous plant: so that a man may not inaptly say of it, as *Virgill the Poet* doth concerning the diuersitie of opinions for the admission of the Græcian deuised horse into the walles of *Troy*.

*Scinditur incertum studia in contraria vulgas.*

Virgilii  
Aeneid. 7

*The wauering multitude, as each man findes,  
Consists of many and contrary mindes.*

And in respect of the Writers, Patrons, and defendants of this rare plant on both sides, I may not vnfitly use this saying of *Horace*:

B

Cadimur

### The triall of Tabacco.

Horat. li. 2.  
epist. 2. 29.

*Cedimur, & totidem plagis consumimus hostem.  
We by our forces are beaten, if not slaine,  
We with as many stroakes waste them againe.* There is  
such hard hold and tough reasoning on both sides.

Now although I be *Medicorum minimus*, yet you must remember it was said of old: *Scribimus indocti, doctique poëmata passim*, seeing no other to vndergoe this taske, I haue boldly aduentured to vn buckle my selfe (for you know who is so bold as blinde Bayard) I haue I say not being thereto commanded or compelled , as the answer to the booke called *Worke for the chimney Sweeper* was, but of my owne forwardnesse, and the desire I had to satisfie the world heerein in some sort: protesting, (as in the inferiournes of the stile may well appeare) that neither vanitie of glorie, nor selfe presumption, (being of many the most vnworthy to haue enterprised this taske) nor other priuate respect, then duty to my good friends ( that haue requested this at my hands) and zeale to my louing country men, hath made me to publish this booke. For I saw the discourses heerein in my poore vnderstanding to be faultie , defectiue and halting, considering that one side too much extolled the vertue of this plant, and another side as much on the contrarie abased contēned & recited it. So to giue some satisfaction to both sides, I haue made choice of the middle, being as I take it, the more secure way, though it be a very hard matter to keep right in the mid-path, and to decline neither to the right nor to the left hand.

Tibul. li 4  
heroic.  
ver. 4.

*Iusta pari premitur velutum cum pondere libra,  
Prona nec hac plus parte sedet, nec surgit ab illa.*

In English thus:

*As when an even scale with equall weight is peized,*

Noy

## The triall of Tabacco.

Nor falleth it downe this way, or is it that way raised.

Wherefore to performe that precisely which I haue promised solemnly, & seeing this discourse must be sent abroad & committed to the hāds, the eies, the noses, the ears, the mindes & the iudgements of a great nūber of all sorts, I will first beginne with one that is furthest off it, *Monardus* a Spaniard of Siuili, who hath written verie largely of it in his treatise of the west Indian Simples: but because he is already translated into English, I wil (lest I should seem *actum agere*) referre that which he hath very large, to his owne volume. For that which hee hath gathered is like-wise found in other Authors, wheroft heereafter you shall heare more, when we come to discourse of the vertues of Tabacco. *Charles Stephen*, and *John Liebault*, & *Andrew Theuet* all three Frenchmen, haue writ of this plant, and so hath *Aegidius Eurartus*. *Carolus Clusius* likewise in his comment vpon *Garcæas, De stirpibus et Aromaticis Indicis*, and *Iohannes Baptista porta* in his eight booke, and eleuenth chapter of his *Natural Magick* doe highly commend this plant, as a thing most excellent and diuine. But amongst them all, and from them all for his admirable knowledge in plants, our owne Countrie-man Master *John Gerard* Citizen and Chirurgion of London hath carried away the palme, as best deseruing it, to whome I may well apply that saying of *Lucretius*:

*Qui genus humanum ingenio superanit & omnes,*

Lucret. l. 3

*Praesinxit stellas, exortus uti aetherius sol.*

*Who from all mankinde, bare for wit the prize,*

*And dinom'd the starres, as when skies sunne doth rise.*

Another likewise of our countriemen, calling himself *Philaretus*, hath lately writ a booke against Tabacco, entituled *Worke for Chimney-sweepers*: which booke, another

### *The triall of Tabacco.*

ther hath friendly and modestly answered. In the beginning of *Philaretes* booke one I.H. hath made these discommendatorie verses against Tabacco.

*Pitie it is such smoaking vanitie,  
Is Englands most esteemed curtesie.  
Oft haue I heard it as an old said saw,  
The strong digesting hungry Camels maw  
Brookes stinging nettles, and the vilest weedes,  
That stinking dunghils in ranke plentie feedes:  
But i's a toy to mocke an Ape indeede,  
That English men should loue a stranger weede.*

### *To whome E.G. maketh answer.*

*Fie, fume at fumigation,  
And fret at thy ownenation,  
It wants not approbation,  
That drugs should worke purgation,  
Oft times more worth in vilest weede,  
Then in manured Garden seede.  
It is no toy but truth indeed  
That one soile should another need.*

I *Philaretes* seemeth to inferre in his second reason and some other places of his book, that by the frequent vse of Tabacco, wee ought iustly to suspect and feare the same to bee a mightie drier, decaier and witherer of our radical and vnciuous moisture: and in respect thereof breedeth consumptions: But yet it seemeth (by his leauue) not so much to breed hecike feuers and consumptions, as appopleckyke and cephalical passions, because many abusers thereof haue died sodenly: and wee see that the braine doth

doth suffer from it by protopathie, ratherthen by deuteropathy, the organ whereby it is receiued being so neere a neighbour to the braine. I wonder it is not discussed how it puffeth vp & plumpeth some, when he concludeth that it wasteth and dissipateth the vngentious moisture, & substantiall nourishment, by dissipation of naturall heat, and decay of spirits in our bodies.

The same Author likewise (though a man of excellent learning, exact iudgement and reading) seemeth to vrge too farre, when in his seauenth reason against Tabacco, he sticketh not to affirme, that this hearb seemed to bee first found out and inuented by the diuell, and first vsed and practised by the diuels priests, and therefore not to bee vsed of vs Christians. But I will both answer him and the Spaniard *Monardus* (from whome hee hath fetcht his ground) at one word thus; that it is certaine that the diuell did not finde it, but Nature gaue it, and Nature doth nothing in vaine, according to that protrite axiome in Philosophy, *Natura nihil fecit frustra*. If the diuell did finde it, yet we may esteeme it as well as hidden treasures descried by spirits at the request of wicked me. But in my opinion we ought to iudge of the infinite power of Nature with more reuerence, and with more acknowledgement of our owne ignorance and weakenes. For, that it was a plant created by God, when first euen by the word of his mouth all things were framed, I iudge it not amisse for any man to say and thinke: and there is no scholler so meanely learned, but will by reason conuince them both, and read a lecture of contradiction against them vpon the progresse of Natures workes; hauing his vertues and faculties infused into it from aboue, whereby many finde great ease and comfort as well as by other other plants & Simples. For vnlesse God himself had bene

### The triall of Tabacco.

the author of it, why should it be endued with such noble and excellent properties : for

*Ni Deus affuerit, viresque infuderit herbis,  
Quid, rogo dictamnus, quid panacea iuuent?  
If God helpe not, and into herbes infuse  
A working power, in vaine we medicines use.*

Aristotle (the monarch of our moderne learning) seemeth not to speake awry, when he saith : *Multa sciri posse, quæ nondum scita sunt.* Many things may be heereafter knowne, which as yet lie hidden in the deepe dungeon of obscuritie, not manifested; as the quadrature of the circle, and the manie vertues both of this and other herbes, not yet knowne to the world : which hidden and secret vertues though at this present they are not reuealed to Natures interpretors, yet hereafter they may : so that we may rightly conclude : *Maximam partem eorum quæ nescimus, minimam partem eorum quæ scimus aut scire possumus,* to which purpose Cardinall Cusanus hath writ a booke *De docta ignorantia*: Wherfore I suppose none will bee so mad to imagine that such a noble plant could come by chance, or bee inuented by the diuell, whose excellent vertues the profoundest can scarce perfectly vnderstand. By this wee may see the wonderfull workes of God, how that he can make things strange, great, and incomprehensible and wonderfull to mans indgement. Therefore it is a thing impertinent, to seeke out the causes and reasons of some things, as many men doe, and daily goe about to doe, for there are many secrets in Nature, the knowledge whereof is reserued and kept to the onely creator : also of many other that might bee heere alleadged : but for that it is not my argument, I omit it to come to the rest.

Philaretus my good friend saith, that Tabacco is hurtfull

### The triall of Tabacco.

full because it is hot and drie in the third degree , which *Monardus* (saith hee) and others haue affirmed to come neere to the third degree of excesse in either qualitie. But it seemeth not so hot because it blistereth not, nor yet exceedingly heateth, and that deleterious malignity which he ascribeth to it may be quintessentiall, although not elementarie. And with him I will not deny, but that some malignitie(out of question)is in Tabacco, yea , I wil adde further, that there is in it some poison also, as there is in some other strong and vehement purgers, but yet it may bee with cordiall and cephalical aromatikes aliaied as wel as Scammony, *Elaterium*, *Euphorbium*, *Coloquintida*, turbith and some others. Besides, diuers medicines doe either retaine, loose, or change their force and power, according to the diuers constitutions of those natures to whome they are giuen. For it is a hard matter to finde any remedy that may doe absolute good, without some slight touch of harme, vntesse by art it be refined. Thus you see I haue beene a little bold to trump in my friend *Philaretos* way, where I thought hee tripped, esteeming him yet for no lesse then a louer of vertue and honestie, as his name importeth, and a man of good iudgement and learning. But I will come into my path againe , and acquaint you first with the diuersities of names & titles giuen to this herbe, and so will I passe to his vertues and properties.

This herbe with the Franks or frenchmen hath beene most commonly knowne by the name of *Nicotiana* , because one *Nicot* a French Embassadour to the king of Portugall, sent this hearb first into France, and so gaue it his name.

Others againe, that by tradition haue noted the meanes frō whence they received this herb, haue called it *Herba*

*Reginae*,

### The triall of Tabacco.

*Regina*, and Queene mother herbe, for that when Monsieur Nicot had first knowledge thereof, hee sent and commended it to Katherine de Medices, the Queene mother of France, (who died before shee had reeled vp her spindle) and shee first caused it to bee planted in that kingdome.

Others there bee that do tearmit *Hyoscyamus Peruuianus*, *Henbane of Peru*, *Herba Sancta*, or *Sacra*, and *Sana sancta Indorum*: but vpon what ground I know not, vnlesse it be for the singular vertues and faculties that are found in this plant, as by the same reason *Lignum Indicum* or *Guiacum* is called *sanc&um*, because it is so helpfull, and restoreth to cure a great many sicknesses and griefes; as the learned in Physicke doe very wel finde. Wee know indeed by practise, that an infinite number of diseases are cured by Tabacco, euен *a capite ad imos usque pedes*, from the crowne of the head to the verie feete: so that in regard of his noble vertues, it was thought necessarie that it should bee entituled with some glorious name, as we also see done to others. For *Philon* the Physitian called his *Alexipharmacal* medicines, *Deorum manus*: and at this day Physitians haue graced & nobilitated some of their compositions with splendidous titles; calling one *Manus Christi*, another *Benedicta Laxativa*, *Catholicon* a third, and some others by the strange and superstitious names of *Puluis sanctus*, *Gratia Dei*, *Apostolicon*, *vnguentū Paulinum* and the like, as *Ulrichus de Hutton*, a Knight of Germany hath writ in his book *De Morbo Gallico*, & the 6. chap. It is also entituled *Petū*: & *Lobelius*, & *Peter Pena* do make it a kinde of *Symphitum*: and other while a kinde of *Hyoscyamus luteus*: but yet they stick somewhat at that. So hauing discoursed of his seuerall names, we will make a step

a step to his description, his secret and rare qualities; and not forgetting by the way, to tell besides of the hurt some receiue thereby, with the true and right vse also. And first you shall heare what *Carolus Clusius* saith.

*Nicotian* (saith he) so tearm'd of the French, of the Spaniards Tabacco, of the Brasilians *Petum*, hath beene long vsed of the Indians, especially of the inhabitants of *Hispmania Noua*, for the curation of woundes. It was brought but a few yeares since into Spaine, rather for the decking vp of their gardens, as being a strange plant and seld seen, more then for the hidden vertues of the hearb: but now it is much more famous by reason of his rare qualities then for his elegancie and beauty that it carrieth in a garden. The common people of India vsually tearme it *Picielt*: for the name of Tabacco first came from the Spaniards, because there was such plentie of it grew in a certain Iland called Tabacco, according to the name wherof they haue christned it.

*Andrew Theuet* saith, that the Americans haue a secret herbe which they name in their language *Petum*, the which most commonly they beare about them, for that they esteeme it marueilous profitable for many things: this herbe is like to our buglosse. They gather this herbe very charily, and drie it within their little cabanes or hou-ses. Their manner to vse it is this: they wrap a quantitie of this herbe being drie, in a leafe of a Palme-tree which is very great, & so they make rolles of the length of a candle, and then they fire the one end, and receiue the smoak thereof by their nose, and by their mouth: they say it is verie wholesome to cleanse and consume the superfluous humors of the braine. Moreouer, being taken after this sort, it keepeth the parties from hunger and thirst for a

### The triall of Tabacco.

time, therefore they vse it ordinarily. Also when they haue any secret talke or counsell among themselues, they draw this smoake, and then they speake. The which they doe customably one after another in the warre, whereas it is very needful. The women vse it by no meanes. If that they take too much of this perfume, it will make them light in the head, as the smell or taste of strong wine. The Christiās that do inhabite there, are becom verie desirous of this perfume, although that the first vse thereof is not without danger, before that one be accustomed thereto: for this smoke causeth sweats and weakenes, yea, foaming at the mouth, suddaine falling downe, and conuulsions, as I haue seene in some. And this is no such strange thing as it seemeth, for there are many other herbs and fruits that offend the braine, though that the taste of them bee pleasant and good to eat.

Plinie sheweth, that in *Lyncestis* there is a fountaine that maketh the people drunke, that take thereof: Likewise another of *Paphlagonia*, which as *Ouid* saith in the 15 booke of his *Metamorphosis* will cause a man to bee no lesse drunke then if he had copiously quaffed a great deale of wine. His words be these:

*Quem quicunque parum moderato gutture traxit,  
Haud aliter titubat, quam si mera vina bibisset.*

This I know will not be receiued of all men for truth, and yet Philosophers doe witnessē that there is in *Eslauonie* by *Apollonia*, a fountaine comming out of a rock, wheras is seen to proceed a flame of fire, whereby al the waters adiacent are as boyling. They haue in diuers places of *Hisp.* *Nous* many hot springs of water, as aboue all other I haue seen in the Prouince of *Mechuacan*. In a plain field without any mountaine, there is a spring which hath

much

much water, and it is so hot, that if a whole quarter of beefe, be cast into it, within one halfe houre, it will bee as well sodden, as it will bee ouer a fire in halfe a day. I haue seen half a sheep cast in, & immediatly it hath beene soddē, & I haue eaten part of it: & this hath the learned *Hackelbut* set down in his booke discoursing of the voiages of the English nation, by the relation of *Henrie Hawkes* a merchant, who liued three yeares in *Noua Hispania*. I will proceede a little further in relating strange things in nature. In *Bactria* in the Citie of *Boghar*, there is a little riuier running through the midst of it, but the water is vnholesome, for it breedeth sometimes in men that drinke thereof, and specially in them that are there borne, a worme of an elle long, which lieth commonly in the legge betwixt the flesh and the skinne, and is pluckt out aboue the ankle with great art and cunning.

*Diodorus Siculus* reporteth, that in Egypt there was a poole, the colour of whose water was vermillion, which being drunke would reueale secrets. *Strabo* speaketh of a fountaine in the Citie *Leuce*, of a mo st horrible smell. Besides, this is verie strange, that there is a fountaine besides *Haslea*, which neuer riseth but early in the morning, at high noone, and at the shutting of the euening. And if therein any euill thing bee cast that may corrupt the same, *Theodorus Zuingerus* mentioneth, that for certaine daies after it will not rise at all. There is a fountaine in *Salmac* in the countrey of *Caria*, which as *Strabo* wri-  
teth, maketh men effeminate and lither. That of *Aphro-  
dosium* in *Pyrrhea*, causeth barrennesse, as *Plinie* noteth: and such like a man man may easily finde, if any will take paines to read ouer the booke, entituled *Britannia*, writ-  
ten by that most learned and famous gentleman master

### *The triall of Tabacco.*

*Wil.Camden*(the best antiquary of our age) he shal there I say, haue plenty wherat to admire, & peraduēture to giue satisfaction to that which here I haue set down for truth.

Some, I doubt not, but will imagine this not to bee true, but altogether false, the which I haue spoken touching the natures and strange qualities of these waters, and of this herbe Tabacco, as though Nature could not giue such power to things; yes truely and farre greater, as shee bath also giuen to beasts according to the diuersities of countries and regions. Wherefore then should it leauue this countrey of *America*, (wherein God included the greatest gulfe of mankind) void of such a benefite, being naturally proper to it, and being temperate without comparison more then others? As in generalitie, *Africke* yeeldeth the best Mules; *Europe* the best Lions, (as *Herodotus* and *Plinie* make report) onely to be found between the riuers *Nestus* and *Achelous*: the one coasting *Abdera* a citie of *Thracia*, the other being a floud of *Epyrus*, separateth *Acarnania* from *Actolia*. So in particular, we find England yeeldeth the greatest store of good sheepe, wooll, tinne, and lead: *Muscouia* the best Bees, yeelding honie and waxe in plentie, and the best furres. Wherefore a learned Physician is to obserue, what store of vegetables, either of woods, trees for fruite, or plants, the countrie yeeldeth: for euerie country hath his commodities and singularitie of them, fitted by the prouidence of the eter-nall God. As we read of in *Asia* and *Virginia*, singular Cedars and Pine trees: So we haue experience, that for firre and Deale trees, *Denmark*, *Bohemia*, *Pomerania*, *Russia*, *Norway*, and the New-found land, are notorious. For Vines, France: for apples, peares, plums, and such ordinarie fruit the realme of England. For oranges, lymons, pomgra-

pomgranates, and such like, Spaine' and other hot coun-  
tries: for Oyle and Oliues, *Candia*, &c.

As for the seconde, concerning things hid in the veines  
and wombe of the earth (for what shall we neede to en-  
large this discourse with the huge woods to bee found in  
*Germanie*, *Bohemia*, *Muscouia*, and *Ireland*, or with the  
notorious vegetables of other nations) namely, the mines  
of mettals, and fossiles, wherof there are such sundry *spe-*  
*cies*, as it may seeme impertinent of vs to be further tou-  
ched, considering so soone as they are discouered, they  
be committed to writing.

Some besides will not grant this to be true, but alto-  
gether false, that *Andreas Thcuetus* writeth, that Tabacco  
keepeth the Indians from hunger, and thirst, for a certain  
time, although that our Epicureall Tabbacconists will  
sufficiently refute the contrarie: for they will say, and for  
a need sweare to it, that they can liue a whole weeke to-  
gether, neither eating nor drinking any other sustenance.  
And if they wil not be cōtent with this our witnessing  
and affirmation, let them read *Herodotus*, which in his se-  
cond booke, maketh mention of a people in *Africa*, li-  
uing onely with hearbes. *Apian* rehearseth, that the Par-  
thians being banished, and driven out of their countrey  
by *Marcus Anthonius*, liued with a certaine herbe that  
tooke away their memorie: neuerthelesse they had op-  
inion that it did nourish them, though that in a short time  
after they died. Master *Stephen Burrough* did see some  
Lappians eat rocke weedes as hungerly, as a cowe doth  
grasse when she is hungry. I saw them also (saith hee) eate  
fowles egges raw, and the young birds also that were in  
the egges. The Indians will liue seuen or eight moneths  
in the warre with meale made of certaine hard and drie

Cleanly.

### *The triall of Tabacco.*

rootes, in the which some would iudge that there were no nourishment or sustenance at all. And they will tell strangers, who arriue in their coasts, that they haue heard say of their fathers, that before they had the knowledge of the best rootes, they liued but with hearbs, and wilde weeds, & roots like brute beasts. There was they say, in their country a great *Charaiba*, that is to say, a Prophet, the which came to one of their young maidens, and gaue her certaine great roots, named *Hetich*, shewing her, that she should cut them in peeces, and then plant them in the earth: the which she did, and since they haue alwaies continued from father to sonne: the which roots haue so well prospered, that now they haue so greate abundance that they eat little other food, and it is as common with them, as bread is with vs.

The old Poets and ancient people of the world did conceit, that the Gods themselues did feede vpon nothing but *Nectar* and *Ambrosia*; yea, and that some of them had worse comons, & meaner meats, as they write of *Romulus* (who being a God as they say) liued vpon turneps. But, I thinke, that they rather alluded vnto the pouertie and simplicitie of feeding that was vsed in former ages, wherewith *Romulus* was so well acquainted. The Poet *Martialis* seemeth couertly to insinuate, that they eat the same meats in heauen, wherwith in earth they were inured to feede vpon, in these verses:

*Hac tibi brumali gaudentia frigore rapa  
Quædamus, in cælo Romulus esse solet.*

Therefore ought not the Storie of this Gentleman Tabacco, be thought so strange, for men to liue withall, as though the like had never been heard or read of in histories, and times forepassed. The people of the East  
and

and West India haue diuers kindes of fruits proper only to those regions, as Nature bringeth them forth, and yet they liue long, and well disposed, being strong and of robustious constitutions: yea, they will liue (I meane the people of *America*) a whole weeke together with one groat, which neither the Spanyard, nor any nation in the world can doe, as *Petrus Martyr* saith. And for their long liues, we may read in the learned *Hackluit*, discoursing of the voyages of the English nation in farre distant parts of the world, who introduceth the example of the King of *Ballobream*, being one hundred and threescore yecres of age, when captaine *Candish* arriued at the Iland of *Iaua Minor*, and yet he was liuing after that many yeares, at that time when the Hollanders trauailed thither to the towne of *Bantam*, which is the furthest part in the world from this realme of England, being measured geometrically. There be many who thinke it strange, that some nations liue onely with fish: and yet he that is but meanly trauailed in Histories knoweth, that the poorest sort among the West Indies, liue more with sea-fish, and other like meats than with flesh. The same is true in this our Isle of *Britaine*, especially among the Cornish men and Scots: yea, our elders in times past liued onely with fish, as many sects in religion both in these dayes, and in former ages did. The lawes of *Triptolemus* (as *Xenophon* writeth) did defend and forbid the Athenians the vse of flesh. Therefore it is no strange thing to liue with fish onely. First, in our *Europe*, and before that the ground was tilled, men liued more hardly without flesh or fish, having not the meane to vse them, and yet notwithstanding they were stronger, and liued the longer, being nothing so effeminate, as now in our age.

## The triall of Tabacco.

*Americus Vespusius*, one of the best Pilots that euer was, coasted almost from Ireland vnto the cape of Saint *Augustine*, by the comandement of the King of *Portingale*, the yeare 1501. And since another Captain the yeare 1534. sayled vnto the region named of Giants. In this Region between the riuier of *Plate*, and the streight of *Magellane*, the Inhabitants are verie mightie, named in their language *Patagones*, *Giants*, because of their hie stature, and forme of bodies. They which first discouered this countrey tooke one of them finely, being twelue foot long, who was so vncasie to hold, that 25. men had inough to doe about him: and for to keep him, it behouued them to binde his feet and hands in their shippe, notwithstanding they could not keepe him long aliuue, but for sorrow and thought (as they say) he died for hunger. Thus you see I haue plainly shewed that people dwelling in some regions, though faring hardly, and poorely nourished, yet notwithstanding are men both of good complexions, of personable and heroical, nay Giant-like statures, and long liued. And this may seeme to bee a little beside, though not altogether out of the way.

### Description of Tabacco, or *Sana Sancta Indorum*.

Trinidada Tabacco hath a thicke, tough and fibrous roote, from which immediatly rise vp long broad leaues, and smooth, of a greenish colour, among which riseth vp a stalke, diuiding it selfe at the ground into diuers branches, whereon are set confusedly the like leaues, but lesser: at the top of the stalkes, stand vp long necked hollow flowres of a pale purple, tending to a blushe colour; after which succeed the coddes or seed vessels, including many small seeds, like vnto the seede of marigrome. The whole plant perisheth at the first approach of winter: in hot countreys it is sownen all times of the ycare,

yeare, but when it first sprouteth vp, it must be defended and preserued from cold, and planted neere vnto a wall for the beautifying thereof; for, in such hot Regions as Spaine, Naples, and Africke, it continueth green a whole yeare together, as *Buglossum semper virens*, *Telephium minus semper virens*, Rosemarie and the Bay-tree with vs in England doe.

It was first brought into *Europe* out of the prouinces *The place* of *America*, which of some (though I know no reason for it) is called the *VWest Indies*, in wiche is the prouince or countrey of *Peru*: but being now planted in the gardens of *Europe*, it prospereth very well, and cometh from seed in one yere to beare both floures & seed. The which I take to be the better for the cōstitution of our bodies, then that which is brought from *India*, and that growing in the Indies, better for the people of the same countrey; notwithstanding it is not so thought nor receiued of our tabackians: for according to the English prouerbe, *Farre fetcht, and deere bought, is good for Ladies.*

Tabacco must be sownen in the most fruitfull grounds *The time* that may be found, and carelesly cast abroad in the sowing, without raking it into the ground, or any such paine or industrie taken as is requisite in the sowing of other seedes, as I my selfe haue found by proofe, who haue experimeted euery way to cause it quickly to grow: for I haue committed some to the earth in the end of March, some in Aprill, and some in the beginning of May, because I durst not hazard all my leede at one time, least some unkindly blast should happen in the sowing, which might be a great enemie thereunto.

It is hot and drie, & that in the second degree, as *Monar-* *The tem-*  
*dus thinketh*, and it is withall of power to discusse or re- *perature.*

*The triall of Tabacco.*

solute, and to cleanse away filthy humours, hauing also a certaine small adstriction, and a stupefying, or benumming qualitie, and purgeth by the stoole. And *Monardus* thinketh that it hath a certaine power to resist poysone. And to prooue it to be of hot qualitie and temperature, the byting qualitie of the leaues doth shew, whiche is easilly perceiued by taste. Also the greene leaues layed vpon vlcers, draw out filth and corrupt matter, which a cold simple would neuer doe. The leaues likewise being chawed, draw forth fleagm & water, as doth also the fume take when the leaues are dried: which things declare that this is not a little hot. For what things soeuer being chewed, or held in the mouth, bring forth fleagm & water, the same be al accounted hot, as the root of pellitory of Spain, Saxifrage, master-wort, betony, and hyssop, with other things of like power. Moreouer, the benumming qualitie hereof is not hard to be perceiued: for vpon the taking of the fume at the mouth, there followeth an infirmitie like unto drunkennes, & many times sleep, as after the taking of *Opium*, which also sheweth in the taste a byting qualitie & therefore is not without heat; which when it is chewed and inwardly taken, it doth forthwith shew, causing a certaine heat in the chest, and yet without troubling of wits, as *Petrus Bellonius* in his third book of singularities doth declare: where also he sheweth, that the Turkes doe oftentimes vse *Opium*, and take one dram and a halfe thereof at one time, without any other hurt following, sauing that they are thereupon taken, as it were, with a certaine light drunkennesse, vertiginie, or giddinesse in their braines. And *Hollerius* in his practise telleth vs, that hee knew a Spaniard take halfe an ounce of *Opium*, and yet neither death, nor deaths harme followed. So also this Tabacco being

being in taste byting, and in temperature hot, hath notwithstanding a benumming qualitie.

Hereupon it seemeth to follow, that not only this henbane of *Peru*, but also the iuyce of poppie, otherwise called *Opium*, consisteth of diuers parts, some byting and hot, and others extreame cold, that is to say, stupefying and benumming: if so bee that this benumming qualitie proceede of extreame colde (as *Galen*, and all the old Physicians hold opinion:) but if the benumming qualitie, or facultie, doth not depend of an extreame cold temper, and that in the fourth degree, but proceedeth of the essence of the substance; then may Tabacco be both cold, and also benumming; of temperature, hot and benumming, not by reason of his temperature, but through the propertie of his substance, otherwise then a purging medicine, which hath his force, not from the temperature, but from the essence of the whole substance.

Before I proceede any further to shew against what sicknesses this herbe Tabacco most preuaileth, I will first briefly declare, what sicknesse is, and how many sorts or kinds therof there be, that I may be the better vnderstod in the discourse following. Sicknesse (then) is an euill affect contrarie to Nature, hindring of it selfe some action of the bodie. Of sicknesse there be three generall kinds, whereof the first consisteth in the parts similar. The second in the parts instrumentall. And the third in both parts together.

The first kind is called of the Latines, *Intemperies*, that is to say, euill temperature: which is either simple or compound. It is simple, when one qualitie only doth abound or exceed too much, as to be too hot, or too cold. It is compound, whē many qualities do exceed, as when the body

### *The triall of Tabacco.*

is too hot and too drie, or too cold and too moist. The secōd kind is called *Mala constitutio*, that is to say, an euill state or composition; which is to be considered, either by the shape, number, quantitie, or site of the member, or part euillaffectēd or diseased. The third kind is called, *vnitatis solutio*, that is to say, the loosing or diuision of the vnitie: which as it may chance diuerſly, so it hath diuers names accordingly. For if such solutiō or diuision be in a bone, then it is called a fracture. If in any fleshie part, then it is called a wound or ulcer; in the veines a rupture; in the nerues or sinewes, a conuulsion or cramp; and in the skinne, an excoriation. Againe of diseases, some be called Long, and some Sharpe and Short, tearemed of the Latines *Morbi acuti*, which be perilous, and doe quickly kill the bodie. The Long do carie a greater time with it. And yet moreouer there is sicknesse by it selfe, and sicknesse by consent. Sicknesse by it selfe, is that, which being in some member, hindreth the action thereof by it selfe. Sicknesse by consent, is deriuēd out of one member into another through the neighbour-hood and communite that is betwixt them: as the paine of the head, which comineth from the stomack, because they commnicate and impart their dammages from one to another by certayne sinewes, passing and being common to either of them.

Thus the learned Physicians which write of mans bodie doe diuide sicknesse. Now if any man will curiously diue and search into the nature of these, Tabacco being giuen in his due time yeeldeth no small releefe and comfort; for according to the old saying:

*Temporibus medicina valet: data tempore profunt:  
Et data non apto tempore vina nocent.*

Physicke

Physicke at times doth helpe: giue wine in season,  
It alio helps: too much brings out of reason.

And *Seneca* saith: *In morbis n̄ hilest magis periculosum quam immatura medicina*: in diseases there is nothing worse or more dangerous then vntimely giuing of medicines, and out of due season. And againe, this saying of *Lini* agreeeth thereto. *Et scio medicos, plus inter dum quiete, quam mouendo et que agendo proficere.* For according to the times and seasons of the yere, the qualities of medicines are to be considered. For some are more familiar to some bodies at some seasons of the yeare, then at other: some againe and fitter applyed to amend and correct the distemper of parts, and to expelle uill iuyces. For who knoweth not that the spring is accounted the holesomest: which *Galen* calleth temperate, but *Paulus Aegineta* (his Ape) *Aetius* and the Peripatetikes affirme to encline rather to hot and moist (for there is nothing in Nature absolutely temperate) and this season is most agreeable to the best habite.

It is for the most part good for sickly constitutions, or at leastwise, it hurteth not: for as *Hippocrates* in his third booke, *Aphorisme* the twentieth, saith, it causeth madnesse and blacke Iaundise, leprosie, coughes, ringwormes, morphues, or staynings of the skin, and many ulcerous pustules, and breakings out with paines of the ioynts: not so much through the fault of the aire, but through the strength of Nature, being then fortified and made more liuely by the temperate heat of the spring to expel superfluities, and to separate naughtie humors, & to thrust thē forth to the more ignoble parts. The same heat helpeth likewise Nature, being readily disposed & willing to make a secret and insensible transpiration thorow the

### *The triall of Tabacco.*

bodie, by which it ought to bee expurged and auoided. So that the nature of this season ought to be regarded, as well in the often taking of this medicine Tabacco, as in others also : so that I judge it not the safest to vsē Tabacco at this time, vnlesse by the aduise of the learned : for to take it without difference and immeasurably as some abusers doe, must needes doe hurt, and I am sure a great deale in some of these fore-recited griefes.

Summer is hot and drie, subiect to bilious or cholericke diseases. The beginning of the summer admitteth the diseases of the spring: but the midſt breedeth vſually, continuall and burning feuers, bleareyednesſe, tertian agues, vomiting of yellow choler, cholericke fluxes of the belly, paines of the eares, and ulcerations of the mouth: putrefactions of the lower parts; especially when the summer besides his heat, is enclined to ouermuch moisture, and that no windes blow, and the weather bee darke, fowle, close & rainie, or that *pincerna pluviarū*, I mean the south winde, which bringeth much raine, doth much blow. And redde and angrie wheales by meanes of much and often sweating, being either cholericke, sharpe, or byting, doe abound. For they sting and gnaw the skinne, making it ytchie, angring, and exasperating it after the fashion of ſome ſore. So that in this ſeason, and for these remembred griefes, no man, I truſt, will grant Tabacco to bee verie holeſome. But if any ſpitting Tabacconift bee ſo much bewitched, as that hee ſtill muſt long after it, and cannot refraine, hee ſhall heare the Epigram of the noble Poet *Hercules Strozza*, which hee wrote againſt a great Gourmandizer or belly God. Let the Tabacconift be his owne interpreter, or make what morall he pleafe, and thus it is.

*Sep̄*

Sapè bibis, quò sapè vomas, & sapè voracem

Distendas miseri corporis ingluviem.

Quin si forte tenax stomacho cibus hæserit, hunc vel

Dextra, vel in fauces indita penna ciet:

Tanquam sis genitus perdenda ad vina, nec ulli

Tenatura alijs finxerit officio.

O dignum laqwo facinus; quodcunque voratur,

Turpiter ingeritur, turpius egeritur.

Thou quaffest oft, to vomit much:

    by which thy riotous guise,

Thy bursten belly strouteth out,

    in strange and monstrous wise.

And if by chance thy meat within

    thy stomacke sticketh still,

Thou streight doest seeke to force it vp,

    with finger or with quill:

As though (belike) Nature thee made

    only to drinke downe wine,

Beast as thou art, and to no o-

ther thing did thee assigne.

Hang such a slauc: what ere goes in

    tis filthy out of doubt,

And cramd into his greedie gorge,

    must needs goe filthy out.

Autumn is drie and somewhat cold, very vnequall, that  
is somtimes hot and somtimes cold. It is euill for those (as  
the spring is) that haue any consumptions or putrefaction  
of the lungs, (for cum folia decidunt & germinant, moriun-  
tur tabidi;) It causeth for the most part verie deadly griefs  
and diseases, yea and many of those that were rife in sum-  
mer, likewise quartane agues, and wandring swellings,  
and

### The triall of Tabacco.

and hardnesses of the spleene, dropslies, stranguries, fluxes of the belly, paines of the hip or hanch, squinsies, shortnesse of breathing, *Iliaca* passions, epilepsies, frenzies, and melancholicall passions. So that in this season which we call the fall of the leafe, we must not too often vsē Tabacco, vnles with great wariness & aduise of the learned: and for this season, a man may say of Tabacco in some sense, as *Hesiodus* speaketh of his fathers dwelling place or the village called *Ascra*, that it was χείμων κακόν, θέρος ἀγρυπνόν, ζελέποτ' εἰδλύ. *Hyeme mala, aestate molesta, nunquam bona.* Euill in winter, bad in summer, but neuer good.

The winter quarter is cold and moist and flegmaticke, verie subiect to distillations, plurisies, inflammations of the lungs, lethargies, stuffings in the head, murrays and pose, coughes, paines of the breast, sides and loynes, vertiginies, swimming or giddinesse of the braine, and apoplexies. So that in most of these, it must of necessitie bee concluded, that Tabacco is a noble medicine, and fit to be vsed. For you see that in complexions and mens natures, some are well and indifferently affected, and others againe either well or ill in winter. And so much for this.

Now as good regard and consideration is to be obserued, and kept in Tabacco taking, concerning the seasons of the yeare, so likewise the same precise order is to bee obserued for complexions. All they therefore that either of the nature of their own bodily state, are of a drie complexion, or by any defect in their parents at their birth & procreation; or finally, by any accidentall mishap or custome of living, as by want of foode, thought, watchings, heauiness of minde, or immoderate labour haue commonly bodies slender and thinne: and their skinne (where driness

driness is great ) scuruy, rugged, vnseemely and lanke,  
swart and yelow, that are faced like Death, and leane as a  
rake: and to conclude, that are in all respects resembling  
the physiognomie and shape of Enuie, described by Ouidius,  
must in any wise banish Tobacco farre from them,  
as a thing most pernicious.

Pallor in ore sedet, macies in corpore solo, Ouid. lib. 2.  
Nusquam recta acies: lucent rubigine dentes: Metam.  
Risus abest, nisi quem visi mouere dolores: oog. en.  
Nec fructus somno vigilantibus excita curis, id. id.  
Sed videt ingratos, intabescitque videndo sibod.  
Successus hominum, carpitque accarpitur vni. nov.  
In English thus.  
A face like ashes pale and wanne,  
A bodie scraggie leane,  
A leering looke, and teeth all furr'd  
with drosse and filth vncleane:  
Her stomacke greenish is with gall,  
her tongue with venome fraught:  
And neuer laughes, but when mishap  
or harme hath others caught.  
No winke of sleepe comes in her eyes:  
and rest she none can take;  
For fretting carke and cankred care  
her watchfull still doth make.  
Full sore against her will it is  
that any man shoulde thriue,  
Or prosper in his busynesse:  
for that doth her deprive  
Of all her rest and quietnesse:  
thcreat the hellish Elfe

*The triall of Tabacco.*

Doth stamp and stare, doth fret and fume  
and pines away her selfe,  
And to her selfe a torment is:  
for, seeking to annoy  
The wealth and state of other folkes,  
her selfe she doth destroy.

So then as the case standeth, seeing that Tabacco is so hurtfull to drie complexions, it must of necessity be verie good and holosome for those men that are of moist constitutions: for he that is of this temperature, hath a bodie soft, not rugged and rough, white skinned; his veines and ioynts not standing out, nor greatly appearing; his haire plaine and flat, and for the most part thick withal. Their taste and smelling, and other obiects of their senses be blunt and grosse. And if withall they be cold, they are for the most part, in minde and wit doltish and dull, slouthfull and lumpish: finally, neither by nature, neither by vse, forecastfull, sharpe-witted, nor craftie: by reason their naturall heat is languishing and feeble, and drowned with moist and cold humors: and therefore also their memorie is verie faileable, oblivious, & nothing at all (in a manner) retentiuic. Their speach, as likewise their pulses, and manner of gare, slowe and dull. And because commonly they be assailed with many and sundrie diseases, for that they be giuen to sit still, louing their ease and idlenesse, whereby many crude and raw humors are heaped vp in their bodies, it must needs bee graunted that Tabacco being hot and drie in qualitie, must of necessitie do them much good; and eu'en no lesse than labour and exercise doth in wasting waterish and cold superfluities. For sluggishnesse and slouth (as witnesseth

*Doct*

*E*

*Cornelius*

*Cornelius Celsus*) dullereth the bodie, but labour and exercise maketh it firme and lustie: the one bringeth old age before the time, and the other making youth to last long. And therefore strong motions and exercises, and likewise taking Tabacco are more requisite for these persons: for otherwise cold and moist humours would too much increase, and heat quaile and be enfeebled.

But I purpose now briefly by the way, to shew the nature and conditions of a hot and drie complexion, and of cholericke persons, and finally by what markes and tokens they are to bee perceiued, discerned, found out, and knownen, to see whether Tabacco be fitting these kinde of people or no. And first to speake of the outward signes. A bodie of this constitution is hot, slender, leane, muscious, of decent bignesse, and meane stature: of colour they be brownish, aburne, or somewhat ruddie, specially when their angrie mood is vp, or their bodies set in a heat with exercise: and some bee pale and yellowish. Their skinne rough: their heart-strings and veines bigge and apparent, and not lying hidden vnder the flesh: their tongue rowling at pleasure, readie and flowing in vitterance: their haire blacke, and in some curled and naturally frizled, whereas the heat and drinessse is very great and vehement: their noses (for the most part) are crooked like a Haukes bill, they haue tonguc at will, and are as *Iuuenalis* the Poet fitly saith in his *3. Satyr.*

*Ingenium velox, audacia perdita, sermo  
Promptus & iſeo torrentior, obiter illos  
Eſſe putas quemuis hominem; tum dicier apte  
Grammaticus rhetor, geometres, pictor, aliptes,  
Augur, schenobates, medicus magis omnia nouit.*

The triall of Tabacco.

In English thus :

Of dapper wit, and desperate bolde,  
fine phras'd with gallant grace :

More eloquent than *laus*,  
for euerie time and case.

Ech person can they aptly play,  
At ech art can they aime,

At Grammar, Rhetricke, Geometric,

Painting, and for the game,

At Sooth-laying, and cunningly  
Upon a rope to dance ;

At Physicke, Magicke, ripe are they  
and free of euery Haunce.

And therefore sithence those persons are of hot complexion, and that in their bodies yellow choler is præ-dominant, which is compared very aptly to fire, it must needs fal out, that tabacco being a hot plant, is very hurtful to them, & in no wise to be vsed; for this is not the way to subdue and alter, but rather make one more cholericke and hot. For if a man should still cherish and nourish it with his like in temperature, hee should doe nothing else but *Flammam oleo extinguere*, as the prouerbe is, *quench the flame with oyle*, and adde fire to flaxe by exasperating the distemperance, and increase the tyrannie of this hot humor, by making it the more vehement. So that in dry & hot bodies we must haue no refuge or succor to tabacco, considering that in constitutions that be quite contrarie, we finde that it doth much good. For we see that if men haue their stomackes surcharged with abundance of loathsome, clammie, and tough fleagme, Tabacco doth scour and cleanse it away more than any other, and (if tabaconists

bacconists say no more than may bee warranted for truth ) than all other helpes, and meanes whatsoeuer. Tabacco consequently doth much good vnto all such, whose heads are filled with moistish vapours : for those fumes or reekes, striking vpwards as in a stillatorie, grow into a thicke, and sniuelly fleagme, whereby through coldnesse of the braine, the parties become subiect and open to sundry diseases, as the poze, murre, hoarsenesse, cough, & many others; of which sort is therheume or destillation of humours from the head, wherewith in *Romney marsh*, and diuers places of *Essex*, *Kent*, and the *Isle of Ely*, both rich and poore, high and lowe in winter season are much troubled, and finde by experience to be true, and yet many of them be very healthy, and as sound as a bell.

*Principue sanus, nisi quum pituita molesta est.*

*Horat. li. 1.  
Epist. 1.*

In English thus :

In perfect health and throughly sound,  
But when that fleagme doth much abound.

Insomuch that I am sometimes driven into an admiration, to consider how such abundance of filthy humors should rest in the head, which Nature one while at the mouth, another while at the nose and throat, expelleth and purgeth.

Because the colde complexion is cleane opposite and contrarie to the hot constitution : and for that this is the worst of all others, and furthest from that state which is best: I will addresse my next speech to speake somewhat of it; to the end, I would haue men resolued whether Tabacco be holsome for them or no. And because colde

### The triall of Tabacco.

is cleane contrarie to heat, it must of necessitie be concluded, that Tabacco is very holesome for colde complexions seruing as a helpe in the office of concoction and digestion, considering that in this state of bodie there lacketh heat sufficient, and the other powers and faculties natural, are not able for the weaknes of the instruments and organes, to attract and digest that nourishment that is moist, nor to make it like and consubstantiall with the bodie and members.

I haue known many of this complexion, that through grosse and clammie glewish flegme, haue gotten the Letthargie, or drowsie euill, the Apoplexie, the crampe, palsey, and wric mouthes. There is none of these persons, but hee aboundeth, and is replete with much flegme, and flegmatick excrements, which maketh them lumpish and sleepie, forgetfull, slow of bodie and minde, and pale coloured, except sometimes at the comming of their especiall friends they bee heated with wine or good Tabacco, and therby haue dumps driuen out of their minds: for by this meanes their colour is made fresher, and all drowsinesse banished and chased out of their minds.

As the time of the yeare, and different complexions; so likewise the custom and frequent vse of Tabacco is to be regarded. Some haue reported, that it little availeth, and that it profiteth a hot complexion nothing at all: but experience (the mistresse of wisdome) hath not shewed it to be iniurious to either. For if a man haue been often inured to the taking of it, it can doe no such great harme, as it doth in a man that taketh it seldome; for, *Consuetudina malorum minus sunt infensa*: accustomed euils are the lesse hurtfull or offensive: and Custome is another Nature; and we ought, as *Hippocrates* saith, to haue no lesse regard vnto it,

it, than to our owne proper and engraffed temperament.  
*Gaudent natura consuetis semper.* And againe, *Consuetudo plurimum potest, repentinaq; ab ea digression non parum oblatit corpora.* Com. 2. in prognost. Cap.II. *Consuetum quod est, bonum est, vet saltē minus nocet ijs, que naturā quidem innoxia sunt, sed nunquam in consuetudinē peruerterunt.* For, as the same Galen in another place saith of meats, we may likewise say of medicines : *Ciborum vim & naturam ab experientia quisque sua magis quam à ratione dijudicet,* Com. 4. de v. r. in c. 89. And againe, *Ventriculus amplexatur ea & longè facilius concoquit, quaecunq; cum voluptate assumit, auersatur autem ea que displacent: unde nausea, flatus & fluctuationes subsequuntur.* Com. in Aph. 38. lib. 2. For wee finde by experience, that if a man in time of health haue acustomed himselfe to the continuall drinking of cold water, and hath felt no offence neither in his liuer, bladder, stomach, nor any other part, it is manifest that he findeth ease and reliefe by that which another not acquainted withall possibly cannot: yea, Physicians which proceede by reason and experience doe confesse, that there is a great force and vertue in Cu-stome, liuely shewing the nature of euery particular body, which, as I said euen now, *Hippocrates* himselfe expressly auerreth, writing that a moist diet is best fitting for those persons that haue any Feuer; adding yet further, Especially (saith he) to children, & such as haue been long vsed and acquainted themselves by custom to such a diet: and consequently we must yeeld somewhat to custome; for he saith, that bad meats and drinke being accustomably taken, are farre safer than others, if a man should sondainely alter old custom, and take others farre holesomer. For if one dinc, which hath not vied himselfe to it, hee is

impaired

by

### The triall of Tabacco.

by & by made weaker, heauy, dul, lumpish, lazie, & sickish: and if besides this he take his supper, hee shall soone feele windinesse, sowre belchings, and loosenesse of the belly; for the stomacke being repleat and ouercharged with such an vnusuall burthen, which before was wont to bee drie and emptie, now swelleth, distendeth, and with paine stretcheth it selfe out. So yet againe there be some labo-ring men, which hauing stomachs like Estriches will digest yron, and fall to their victuals thrice in a day without any bones at all: for, *leimus stomachus raro vulgaria temnit*. Hungry dogges will eat thirtie puddings, as the Irish man said. There be others found, which will make a good large dinner, but take no suppers at all, (and contrariwise) so that if contrarieto custome they doe suppe, they shall finde themselues to be troubled with heauiness in the belly, so that they cannot sleep without much tumbling and tossing. So then my conclusion is, that if one haue but accustomed himselfe to take Tabacco, hee must not sodainely leaue it, but by degrees. So that it is no maruell, if any not acquainted with taking the fume of this hearbe, if it cause a vertiginie or giddinesse in the braine, epilepticall accessions, inclinations to fainting and sounding, head-ach, dimnesse of sight, and other diffe-rent effects, as I haue often seene. We may say the like of wine, ale, beere, and the like, to which diuers men are not inured but by long custome.

How great the force & power of this cruell tyrant Cu-stome is, that creepeth in by little & little, insinuating and conueighing himself slyly into our natures, so that at length he will be so malepart, as to vendicate the whole rule and gouernment of our bodies, prescribing and limiting new lawes, evn such as it selfe pleaseþ, and abrogating olde ancient

ancient orders, constitutions, and fashions, *Theophrastus* in his 9. booke *de Histor. Plantar. Cap. 18.* plainly sheweth by the example of one *Thrasias*, who durst venture to eat whole handtuls of *Helleborus albus*; and of *Eudemus Chius*, who sitting one day in the open mercate, tooke two and twentie potions of the same *Helleborus*, and after that went to supper, and dispatcht his other ordinarie affaires & busines, without any vomiting or perturbation of stomacke or bodie. Hee had by degrees accustomed his bodie to it, by first taking a little at once, & afterwards he increased the quantitie by little and little, vntill at length he durst take so much thereof as was incredible, and neuer felt hurt.

Sithence therefore that neither reason nor Philosophie can bridle or ouer-rule the power and force of custome, it is no maruell though mans bodie be ouer-mastrred therewith: which in my conceit ought to be a good lesson to many Physicians, to regard and marke well the proper constitution and state of euerie mans bodie, & to what he hath bin most inclined or accustomed, being withall very diligent and carefull to administer nothing rashly, and at aduenture (as many blinde medicine-giuers and receitmen doe) neither yet any desperate or vnknowne thing vnto any; for such, are no better than murtherers before God, if their Patients prooue not well vnder them. Neither let couetousnesse ouer-rule them, as those Physicians and Surgeons that dally with mens bodies to get much money: but let euery one account it his dutie to doe good to all. And in so doing, they shall finde God their Physician, not onely of their bodies, but of their soules: whereas otherwise the saying of our nation may be applied fitly vnto them, Physicians cure your selues.

### *The triall of Tabacco.*

The leaues of Tabacco at this day bee onely in vse (although for want of them, some doe make vse of the seeds) and because they would haue them in a readinesse, they thrust them thorow with a needle and thread, and so haue them to drie in the shadow: and afterwards at their pleasure, vse them either whole, or being brought into powder. Because of his heat and driness, it must needs make hot, resolute, mundifie, & a little adstringe, as one may easily iudge by his vertues that hereafter follow.

The drie leaues of Tabacco are good to be vsed, taken in a pipe set on fire, and suckt into the stomacke, and thrust forth againe at the nostrels against the paines of the head, rheumes, aches in any part of the body, whence soever the originall doth proceede, whether from France, Italie, Spaine, Naples, India (being all pockie hot countreys) or from our familiar and best knowne diseases. Those leaues doe palliate and ease for a time, but neuer performe any cure absolutely: for althouḡh they emptie the bodies of humours, yet the cause of the griefe can not be so taken away. But some haue learned this principle, that repletion requireth euacuation, that is, fulnesse craueth emptinesse, and by euacuation assure themselves of health: but this doth not take away so much with it this day, but the next bringeth with it more; as for example, a Well doth neuer yeeld such store of water, as whenit is most drawne and emptied. My selfe speake by proofe, who haue cured of that infectious disease a great many, diuers of which had couered or kept vnder the sicknesse by the helpe of Tabacco as they thought; yet in the end, haue been constrained, to haue vnto such a hard knot a crabbed wedge, or else had vtterly perished.

Fleagme in mans bodie, as it is diuers; so diuersly it  
must

must be altered: for being by nature cold and moist, it easily is conuerted into thicknesse, or hard & tough sliminess, and in regard of his tenacious qualitie, it is verie difficult to be remoued: for it doth not very easily giue place, either to the vertue expulsive, or yeeld to an attractive medicine. And to cause it to be pliable and yeelding, there be ffe things required; namely, heat, siccitie, attenuation, abstersion, and cutting or diuiding, which wee call incision: all which properties Tabacco is furnished withall, and adiudged fit to be vsed in all tough and visous humours wherewith the bodie is ouer-charged.

*Mercurius Britannicus* in his third booke *De terra Australi antihac semper incognita*, in the description of a certaine countrey, tearemed *Moronia* (where none but fooles dwell) I suppose that it lyeth neare *Portugall*, for that countrey is reported to abound with fooles, as *England* is said to sauour of vanitie; he wondered (I say) at onething and mused aboue the rest, and that not without iust cause, that many of the Inhabitants theredo live neither vpon bread nor meat, as other nations for the most part doe, but only on the smoke of a certaine vnholesome hearbe, which they taking at their mouthes, forthwith againe thrust forth at their nostrels, seeming as it were, so many smoakie chimneys. Many men stand in doubt, neither can it be fully resolued whether the cockscombly Morouians learned this fashion frō the poor naked Indians, or the Indians from them. There be some hold opinion, that certain Indians dwelling neere vnto *Torrida Zona*, were the first inuentors and finders out of this smoakie medicine, that inwardly also they might turne blacke: for you must imagine, that their Morian-black hue pleased them wondrous well, and they iudged it no reason that the inward

### *The triall of Tabacco.*

parts should any whit differ or varie from the outward.

How soeuer it be, this is certaine, that when their noses are filled, their pursles many times are emptied, and the patrimonies of many noble young Gentlemen, haue been quite exhausted, and haue vanished cleane away with this smoaky vapour, and hath most shamefully and beastly flyen out at the masters nose. But yet this may seeme verie strange, yea as strange as the rich mans kitchen in Cheap-side, which had no fire in it for sixteene yeeres together, that whi' est these lustie yonkers and tabacconists elevate their noses on high, snuffing vp the fume verie gallantly, that their kitchens in the meane space haue beene key-colde. They that choppe away their patrimonies for the vanishing smoake of Tabacco, are scarce so wise as *Glaucus*, who was so madde headed, as that hee would needs change and giue away his armour of gold, which was prised to be worth one hundred Oxen, with the yron armour of *Diomedes*, that was scarce worth nine Oxen. The famous Poet *Homer* maketh mention of this bartering in the sixth of his Iliades, in these words ; *χείρεα χαλκειών, ἵνα τούβορα ἐννεάβοιων. Id est, Aurea areis, centenaria nouenarijs :* or as *Alciatus* hath translated it, *lib. 2. Pratermiss.*

*Pro quenouem centum, pro ferro tradidit aurum.*  
He gaue away one hundred for nine, and gold for yron.

Some vse to drink Tabaceo (as it is tearmed) for wantonnes, or rather Custom, & cannot forbear it, no, not in the midst of their dinner or supper: which kind of taking is vnholome, & very dangerous, if not slovenly; although to take it seldom, and that physically may do some good, and

and is to be tolerated. Othersome there bee that spend whole daies, moneths, times and yeares (for the most part) in Tabacco-taking, not sparing to take it euen in their bed, seeking by all meanes possible to hinder and peruerter the course of Nature, and naturall order: which thing is both a great misspending of precious time, and a great empairer of bodily health, accelerating by these disorders their owne deaths, before either Nature vrge, Maladie enforce, or Age require it.

Wherfore wee ought euer to remember that golden Aphorisme of reuerend Hippocrates; *Non satietas, non fames, non aliud quidquam bonum est, quod modum excedit.* And againe, παῦ τὸ πολὺ, τῇ φύσει πολέμων, τὸ δὲ κατ' ὄλιγον ἀσφαλὲς. *Hoc est: adeoque in unius-nimium, Naturae bellum indexit.* A man may haue too much of his mothers blessing. It was death for any magistrate, or any one placed in high authority and office amongst the people of *Locris*, to drinke any wine; vnlesse for healths sake, the Physitian had prescribed to the contrarie: so I could wish the like lawe to our huff-snusse Tabacconists, that misspend the flowre of their youth in this smoaking vanitie. Thus you see that Tabacco is a fantasticall attracter, and glutton-feeder of the appetite, rather taken of many for wantonnesse, when they haue nothing else to doe, than of any absolute or necessarie vse, which is much to bee discomfited: but I commend the syrupe abouethis fume or smoakie medicine.

Surely, if wee did obseruetime, and the golden meane (so much spoken of) Tabacco it selfe is no more to be disliked or reiected, thā *Boleti esculenti*, because the emperor *Claudius Cæsar* died with eating of them; wherof both

*The triall of Tabacco.*

*Plinie* in his two and twentie booke, chap. 22. *Cornelius Tacitus* in his twelfth booke, *Suetonius Tranquillus* in *Claudio*. cap 44. and *Dio* in his 58. booke make large mention. The Storie is this: There was in times past, as there is now adayes, a kinde of *Fungus esculentus*, a kinde of Mushroom, which was thought to be a dish fit for Princes in regard of their delicate taste and holesomnesse, yet at length it grewe infamous, because *Agrippina* the Emperesse poysoned *Claudius Caesar* her husband with them, either hee surfeiting through his greedie eating, as King *John* did with eating of Lampries, as some of our histories report, (for both these Princes took a singular delight in either of these meats) but some say, the King dined with peares; some, with plums; but most hold that he was poysoned by the hands of a pole-shorne Monk of *Swinsted* Abbey in Lincolnshire: the like is supposed, that the wicked woman added a little poyson to these mushrooms, because she would be rid of her husband the Emperour, to the intent to settle the gouernment, and to set the crowne vpon her owne sonnes head *Nero*, who indeed succeeded *Claudius* in the Romane Empire. Hence proceeded those quips and taunts of *Iuuenalis* the famous Poet, who liued in those daies, against these kindes of mushrooms, called of the ancients, *Boleti*: in his first Satyre.

*Vilibus ancipites fungi ponentur amicis,  
Boletus domino: sed qualem Claudio edit  
Ante illum uxoris, post quem nil amplius edit.*

And in the sixt Satyre:

*minus ergo nocens erit Agrippina  
Boletus: si quidem unius præcordia pressit*

*Ille*

*Ille senis, tremulumque caput descendere iussit  
In caelum. —*

Hence also proceeded that bitter taunt of wicked Nero his successour, rearming *Boletus* *Bœuf au Boeuf*, *hoc est Deorum cibum*, the meat of the Gods; because *Claudius Cæsar* died with eating of them, and the superstitious gentilisme imagined that their *Cæsars* or Emperours after their deathes were translated into the number of the Gods.

From hence likewise it was, that *Martialis* uttered this imprecation:

*Boletum, qualem Claudius edit, edas.*

And this common versicle is not yet quite forgotten:

*Boleti lethi causa fuere mei.*

But it is a thing not so much to bee wondred at, that poysons haue been foisted amongst mushrooms, and mix-ed also with other meats; for wee read in histories, that they haue been giuen in Sacrifices. For *Victor* the third Bishop of Rome was killed with poyon that was conueighed into the chalice, whereof hee dranke when Masse was celebrated, not without the scoffes and mockerie of his enemies, who said, It was a verie diuine draught that sent *Victor* in such post haste without much adoe to the ioyes euerlasting.

In this point therfore, I would fraine vnto our Tabacconists this hortatorie admonition, that they keepe a moderation in receiuing the fume thereof, and that likewise they take it not, in case it be infected with som poysonus qualitie, as it many times is, lest this Epitaph be inscribed on their graues:

Here lieth he had lived longer, if  
He had not choakt himselfe with a Tabacco whif.

Tabacco

*The triall of Tabacco.*

Tabacco of all men is concluded to be a verie holsome medicine, for rheumes, paines of the head, &c. and yet in the vse of Tabacco, and such hot medicines there must be a great discretion that all be done in due season, and rationally : for if so bee, that one vse hot medicines verie much, and a long time in passions of the braine, hee shall doe more hurt than good, inducing a neshnesse, softnesse, or flagginessse of the muscles and fleshie parts ; their fibres being relaxed, the proper nutriment of the muscles being dissipated and exhausted, and another excrementitious and waterish humour comming in place, that is nothing apt to nourish, so that many times weaknesse of the sinewes doe proceede from these causes : for the strength of the sinewes consisteth in a mediocritie of siccitie. Furthermore it bringeth an astonishment, benumming or senselesnesse of the braine, causing as it were a resolution both of sense, motion, and of all the actions of the braine, besides fluxes of bloud at the nose, the veines being loosened, faintings or swoonings by a dissipation and wasting of the spirits, and resoluing of the membranes.

The Priests and enchanters of the hot countreys, doe take the fume thereof till they be drunken, that after they haue lien for dead three or foure houres, they may tell the people what wonders, visions, or illusions they haue seene, and so giue them a propheticall direction, or foretelling of the successe of their busynesse : but the Diuell is a liar, and the father of that facultie, his end is horrour, his meane abuse, and his intent mischiefe.

The weight of foure ounces of the iuyce of Tobacco being drunke, purgeth both vpwards and downewards, and procureth after a long and sound sleep, as I haue learned of a friend by obseruation, affirming that a strong countrey-

country-man of a middle age, hauing a dropsie, tooke of it, and being wakened out of his sleepe, called for meat and drinke, and after that became perfectly whole.

Here, since we haue begun to speake of purging, I think it not besides the way, and our businesse in hand, if I tell you that which most concerneth purgatiue medicines. First therefore it must bee certainly knowne, whether those bodies that are to be purged bee first rightly prepared, or not. There must therefore regard be had, if you will haue them rightly purged, you must first giue them some gentle preparatiue. And for this purpose it is required, that the bodie abound not with crude & indigested humours; that the liver, spleene, lungs, and other noble inward parts haue no inflammation, and the like; as when the veine is exceeding hot burning and red, and the Patient haue a strong Feuer: for in these and the like cases, purgating medicines must not rashly be giuē. So that there are three things necessarily to be obserued in euery right purgation of the bodie: the freenesse and libertie of the pas-sages, preparation of the matter offending, & the power and strength of nature.

*Nicolans Monardus* saith, that the leaues of Tabacco, being made hot, are a present remedie for the paine of the head, for an inueterate head-ache, and for the paine of the head called the megrim, that hath beene of long continuance, if so be the paine proceede of any cold, windie or waterish humours: and they must be often applied and layed to, vntill the griefe be cleane gone. Before the application of this kinde of remedie, some vsē to anoint the head with oile made of the flowers of oranges: & not hauing that, I think, *Oleum costinū, irinum, oleū Euphorbiū, Oleum anethi, and Chamamelinum*, or some chymicall oile

12  
*The triall of Tabacco.*

Of thyme, or fennell seede, or calamint were not amisse. It ought to be taken physically (not foolishly) in a pipe, for the same purpose once in a day at the most, and that in the morning fasting, against paines of the head, stomach, and grifes in the breast and lungs: against catarrhes and rheumes, and such as are troubled with coldes, murrays, the pose, and hoarsnesse.

The same heare and fume, is prooued to be singular good against the tooth-ache: for it doth not onely cease the paines of the teeth, which proceed of any cold cause, the tooth being first cleansed and scoured with some linnen cloth, dipped in the iuyce of this herb, and a pill made of the leafe being put into the tooth, but also hindreth and restraineth corruption and rotteness of the same from any further increase. And this standeth with good reason: for if the paine either of the head or teeth proceed of colde, and this hearbe being of a hot and drying qualtie, must needs make against it, prouoking, stirring, and moouing thereby the expulsive facultie, or melting the humour contained and bred in the braine; or else drawing to it especially from the former ventricles of the braine into that part, which by reason of the vse, is called *Infundibulum* (which is nothing but a deepe cavitie in the forepart of the third ventricle of the braine, which at length goeth aboue the seat of *Sphenoides*:) we may not vnfitly tearme it, the braine tonnell, for from thence the humours fall into the mouth, and by that meanes are purged, and voided away.

I my self know a man yet liuing in Northhamptonshire, being verie much and a long time vexed with paine and coldnesse, especially in the hinder part of his head, who having tried the skill and medicines of many Physicians, and

and nothing at all preuailing, he was at length counselled to take Tabacco in fume ; which hee yeelding vnto, after a while all the paine vanished away. And this standeth with good reason : for the Tabacco looseneth the sicke, and those pituitous humours that are bred in the head and breast, drying and coroborating the braine verie notably. And if this man had taken Tabaco, with *ungula caballina, iris, thus*, or sulphur in fumigation , nothing could haue been devised more excellent.

For confirmation of this, *John Heurnius* in the first booke of his method, *ad praxin*, telleteth a storie of himselfe, how plentifully it draweth slime and pituitous humours from the mouth and nostrels, by taking the fume in a narrow pipe: for (saith he) it searcheth euerie corner of the braine, and is caried into the eares: and I dare boldly auouch, that this hearbe is specially and peculiarly appropriated to the braine, being by a most easie passage caried thither, washing, purging, and clearing the braine from all corruption and filthinesse: for about a yere since being much pained with the tooth-ache, I boyled this hearb in water, adding to it some chamomile floures, and holding a spoonful of this warm decoction in my mouth, I did presently spit it forth, and so doing certaine times together, about two houres after, the paine somewhat abated. The next day following, when (as my maner was) I went to a garden I had in the suburbs, and there bending downe my head to pull vp some grasse or weedes, there dropped, and flowed downe in great quantitie from my nose a great deale of moisture, as yellow as saffron, or a Kites foot, hauing the verie sent of Tabacco, and forthwith all the paine of my teeth ceased. In all my life, I cannot call to remembrance, that either bloud, or any

*The triall of Tabacco.*

other superfluous humour, besides flegmaticke and waterish superfluities, ever came out at my nostrels ; but neuer in all my life did I see any thing more yeallow , then this moist humour was that issued from me at that time.

So this being granted, I can see no reason , but that one may safely vse this as a *Suffitius*, or a holsome hot perfume, as well as we doe myrrhe, masticke, pitch, *Styrax*, frankensence, turpentine, *Castoreum*, *Ladanum*, the gum of Juniper, cloues, and the like being cast vpon the coles, and vsed for the griefes abouesaid. But peraduenture some will obiect and say, that Tabacco is of an ingrate & vnpleasant sent, so that many therby are brought to fainting or swooning, euen by the smell thereof. To whom I answere, that it is true: and yet notwithstanding, I thinkc a Calfe with one eie may easily see , that some of these forerecited medicines haue a farre more noysome, I may say loathsome smell, than this Gentleman Tabacco hath.

The iudgement concerning sweet scents in diuers men, is diuers ; nothing almost being common one with another: so that *quot capita, tot sensus*, looke how many sundried different visages and faces, so many discrepant iudgments, concerning the excellencie of this or that odour. For with one, the sent of Cynamon is more fragrant than that of muske. With another, cloues seeme to surpass them both. To another, a Rose is held more odoriferous than any of them all. So that concerning the diuersitie of sweet smels and sauours, you shall euer haue diuersitie of iudgements : so that when all the cards are cast vp, this must be the full decision, and finall determination, that those things must be chosen; which be most familiar to every mans nature, whether meats or medicines, and those to be refused that be contrarie.

*Galen*

Galen the Prince of Physitians, in his Method of curing, doth affirme, that there be certaine medicaments, which by the proprietie of their nature & vertues, do more properly respect one part thā another: as for example, Agrimony, *Hepatica nobilis*, *absinthiū*, and all kinds of Endive or Succorie, direct their vertues more specially to the liuer, then to any other part or particle of the bodie. *Glans vnguentaria*, germander, capers, *Scolopendriū*, & *Ceterach* called miltwaste for his effects, tamariske, *Cortex salicis*, *dancus*, *scordiū*, *calamint*, *asarabacca*, & som others respect the spleen peculiarly. Saxifrage, betonie, *calcifraga Anglorum*, otherwise called Perchepier, *polygonū selinoides*, the roots of Smallach, of *Dancus*, fennell, berries of Juniper, and the seeds of melones, the reines, and vreters. The fit and proper medicines for the breast and lungs, are, the roots of fennell, of horchound, *hastula regia*, Scabious, Reisins of the sunne, figges, Hylsop, thyme, oke of Ierusalem, licorice, barley, and fussilage, called of some blinde Physicians *farfara*. Mints, cynamon, wormewood and galangall, are excellent for the stomacke. For the Heart, saffron, bugloss, borage, balme, roses, basill, Saunders, pearle, the Bezoar stone, and gold it selfe: for as old Chancer the English Poet saith of one of his Pilgrims a Physician, that traualied among the rest to Saint Thomas of Canturburie, and that verietruly;

For Gold in Physicke is a cordiall:  
Wherfore he loued Golde in speciaill.

Penirial, mugwort, sauin, calamint, peony, mirrh, saffrō, borax, are medicines fit for some womens grieves. Celandine & eie-bright respect the eies. The sea onyō, *Chamepithis*, *psyllium*, and hermodactils, direct their vertucchiefly

### The triall of Tabacco.

to the ioynts. *Stachas, laurus, rosemarie, the male pionic, misteltoe of the oke, galangall, Castoreum, betonie, margerome, sage, and our Tabacco*, doe especially respect the braine.

Wee must also know that there bee some medicines which of theirowne proper nature are offensive to some particular parts, either by some manifest qualitie that is in them, or by some hidden propertie. For the often vse of *Thus, mel Anacardinum*, and the hearbe called balme (wherewith Bees are so much delighted) doe offend the braine, perturbing the rationall facultie. Vineger is hurtfull to the lungs and *vterus*. Fat things offend and subuert the stomacke, causing a loathing or detestation of meats and drinke. Sweet meats and fruits cause tumors and swellings in the liuer and spleene. Colewort, parsley, and hempe-seede hurt the eyes. Teuksburie mustard, and all sharpe things will haue a man verie soone by the nose: the Virginians, and other people of *America*, cannot endure it, for if they eat any mustard with fish or flesh, they will make many a sowre face at it. Quicksiluer, as it is thought, is a great enemie to the braine of man, but more properly to the eares. The often eating of leeks, will corrupt the teeth, & lytharge hurteth the tong. The fume of Harts or Goates horne being burnt, causeth a conuulsion to any that is troubled with the falling sicknesse: and the same is reported for a truth, if any epilepticall person be wrapped in a Goate or Deeres skinne, and some say that the fume of Sulphur worketh the same effect.

Neither is it to be pretermitted, that there bee some medicines, which being externally applied, doe bring both speedie, and certaine helpe and health, which being taken into the bodie, doe much hurt, and endanger the life. For example

example sake, the vse of verdigrease, *as vstum squama aeris,* *Cadmia, Pomphalyx, litharge, ceruse, & the like*, all these are  
vied with good successe to outward vlcers & sores: which notwithstanding must not be taken inwardly, for any vlcer within the bodie, but in stead of them, *Hyposifis*, the flowers and ryndes of Pomgranates, balaustians, galles, *Terra Lemnia*, Sumach, the iuyce of Roses, *Acacia*, and the like, which are of great vertue for the curation of inward vlcers, neuer offending the Stomacke, liuer, or any other of the inward parts.

It would be too long to set down all things that might here in this place be inserted: and although my eiesight be not so good as *Linxius*, who from the promontorie of *Lilibey in Sicilia*, did discerne and see the ships in the port of *Carthage*; yet I am sure, by that which I haue introduced, one may plainly see, that a true Physitian ought to haue the facultie and naturall knowledge of euery thing concerning diseases, or wounds in the bodie or minde of man. For the remedying of all which, there are two things requirable; namely, the simple knowledge of euerie living and inanimate thing, whether of minerals, vegetables, sensible Animals or of man, and the experience how each of these in severall countreys, and bodies haue their certaine operations. And seeing without doubt, God hath planted in the worlde meanes (either of Simples or of Compounds) to remedie any sicknesse, or cure any wound, although the knowledge or meanes doe not alwaies sort to ones desire, yet is not the true meanes to be neglected. And though God haue fitted euerie climate and countrey with good meanes, to relieu the ordinarie diseases, and grieuances of men; yet we see for want of knowledge in Physitians, either how to vse the

Simples

### *The triall of Tabacco.*

Simples of their owne countries, or how to compound them aright, according to the dose of euery bodie naturall, they are enforced to search into other countries for ayde.

For, though we haue, as other countries, manie singular thinges to remedie the decly or disquiets of Nature; yet seeing the Simples of other countries, for some particular bodies and griefes, are more naturall then many Compoundes of our owne, and the skill is lesse to applie them, why should not Necesitie make Physitians trauell for knowledge, as the olde wife for neede. We see the artificiall Bezoar-stone to be lesse profitable for some bodies, then the naturall. The fayned *Sanguinis Draconis*, then the right which is brought from *Africa*: and our owne Tabacco in England or *Europe*, then that which naturallie groweth in *America*; for the difference of climates and soyles alter much the natures of euery thing. And so of such like adulterate resemblances, which necessitie and mens gaines haue laboured and arteed. But lest I should seeme to wander too farre in the wildernesse of Nature, I will now returne to Tabacco againe.

The suffumigation of Tabacco being taken, is a good medicine for the starknesse or stiffness of the neck, called *Tetanus*, and for any paines or aches in the bodie, proceeding of the cause that *Tetanus* doth.

The iuyce or distilled water, is very good against Catarrhes, the dizzinessse of the head, and rheumes that fall downe to the eyes, for stuffing in the head or nose by meanes of colde, against the paine called the meagrim, if either you apply it vnder the temples, or take one or two greene leaues, or a dry leafe moistened in wine, and dried

dried cunningly vpon the embers, and laid thereto.

Sternutatories, especially those which are made of Tabacco, being drawne vp into the nostrels, cause sneesing, consuming and spending away grosse and slimie humors from the ventricles of the braine. These kind of remedies must needs doe good where the brain is repleat with many vapours, for those that haue a lethargy or vertiginy, in all long griefes, paines and aches of the head, in continuall senselessnes, or benumming of the braine, and for a hicket that proeedeth of repletion.

*Rec. Piperis,*

*Zinziberis, ana 3ij.*

*Pyrethri,*

*Foliorum siccorum tabaci, 3ij.*

*Tritanaribus inspirentur ante cibum.*

### Another Sternumentorie.

*Rec. Foliorum siccorum tabaci, 3ijss.*

*Zingiberis,*

*Pyrethri, ana 3iss.*

*Radicum Hellebori albi, grana 6. (mentorium.*

*Puluerisata commisceantur, & fiat sternuta-*

*Ex fistula naribus parum infletur.*

Those sternutatories which are very forcible, vehement & strong, as *Enphorbiū*, *Helleborus albus*, & the like to these, must not be blown vp into the head, but rather put into a boxe, the same being a little shaken, & so holding it to the nose, to draw vp a little at once. But Tabacco is not so violent, and therefore may in my iudgement bee safely put

### *The triall of Tabacco.*

in practise. Besides, sternutaments are not so fitting, where the braine or head, the breast and lungs, doe abound with verie crude or raw humours and superfluities ; by reason that they doe mooue, trouble, and shake those parts too much, and too vehemently, which ought rather to be moderately comforted, warmed, and suffred to bee let alone quietly, that those crude iuyces might the sooner come to better digestion, and then afterwards to be spent and carried away. For otherwise the braine and chest with this preposterous proceeding will be the more stuf-fed and ouer-charged. But when the humours there settled, are come to some concoction, then sneesing medicines are taken with good successe, and doe preuaile very much.

It is therefore euer the safer course, rather to vse Simples then cōpounded medicines, because of their exceeding force and violence. To end in a word, sneesing, as *Cornelius Celsus* (our Latine Hippocrates saith) in diseases of the lungs is verie dangerous.

Thus then you plainly see, that all medicines, and especially Tobacco, being rightly and rationally vsed, is a noble medicine; & contrariwise not in his due time with other circumstances considered, it doth no more than a Noblemans shooe doth in healing the goit in the foot, or a precious Ring a crampe in the finger, nor a Diademe the paine in the head, or as *Lucretius* the Poet saith;

*Nec calida & citius decedunt corpore febres,  
Textilibus si in picturis ostróq; rubenti  
Iacteris, quam si plebeia in veste cubandum est.*

Feuers no sooner from thy bodie flic,  
If thou on arras or red scarlet lie

To sin

Tossing, then if thou rest  
On couerlets home drest.

Tabacco cleareth the eie-sight , and taketh away the webbes and spots thereof, being anointed with the iuyce bloud-warme.

The oyle or iuyce dropped into the eares, and the fume likewise receiued into the eares, is good against deafnesse: a cloth dipped in the same, and laide vpon the face, taketh away the lentils, rednesse and spots thereof.

An Errhine or Nasale for stuffing in the nose, and  
for defect of smelling.

*Rec. Piperis.*

*Pyrethri,*

*Tabaci ana 3i.*

*Olei naturalis balsami q. sufficit ad incorporandū.*

*Cum melle q.s. fiat Nasale.*

Another Errhine.

*Rec. succi Tabaci, 3i.*

*Olei amygdalarum amararum 3i.*

*Masticis subtiliter pulverisata 3i. misce.*

*Trahatur naso dum ore reddatur.*

This that followeth is good for an old pain in the head,  
and sharpeneth the eye-sight.

*Rec. Succi tabaci vel sana sancta Indorum,*

*Cicla, betonica, ana 3i.*

*Bulliant cum vini albi 3ij.*

*Oxym. scillitic. 3ff. Fiat errhinum.*

H 2

Another

The triall of Tabacco.

Another.

Rec. Sinapi. gr. 5.

Pul; fol. sicc. tabaci.

Piperis albi ana 3ss.

Ladani,

Cera, ana 3ss. miscce. Fiat Nasale, pyramidis vel  
tent. forma.

When wee are to vse strong Errhines or Nasales, the mouth must be full of water. If after the taking of these kindes of medicines, the nostrels do smart or suffer much paine, then may it bee taken away or diminished, either with womans milke, oyle of violets, or *unguentum Rosatum*. They that haue sore eyes, must not deale with them, nor yet they that haue, or are subiect to ulcera-  
tions in the nose, or such persons who suffer much head-ache caused by the French pockes: for if they bee too busie with them, their noses perhaps may in the meane space be in danger of falling downe flat. Neither must these Errhines, or Nasales be compounded of any venomous matter: for so there may growe ulcers, and filthie sores in that part. Lastly, when you take them, there must care be had that the nose bee not filled too full, least that respiration, and drawing in of the breath, bee thereby letted or hindred: nor yet to bee vsed (especially in deafnesse or dulnesse of hearing) but when the bodie aforehand sufficiently is prepared and purged, as *Alexander Trallianus* the learned Physician saith.

The leaues of this hearb being decocted in water, are good against the paines of the breast, an olde cough,

asthma

*Asthma* (the nature of which disease is to stoppe the passage of the winde and make vs breath vneasily) and the griefes which arise of colde and waterish humors.

In like manner an *ec'egma, linetus, or lohoch*, made of the decoction of the hearbe is excellent good against the same griefes. Sometimes the fume cureth thole that be asthmaticke, but then it is necessarie that the bodie first be cleansed, if occasion so require.

A sirupe made of the decoction of this hearbe with sufficient sugar, and so taken in very small quantitie, dischargeth the breast from rotten and phlegmaticke matter.

But hecre in these cases we must prouide carefully a forehand, and well seet to it, and beware that we vse not these Suffumigations and smoaking perfumes of Tabacco, where there is any spitting of bloud; for the small veines thorough the acrimonie of suffumentes are opened: neither yet are they to be vsed in drie diseases of the breast: and when they are to be most vsed, the whole body ought first to be purged.

Now for my owne conceite, I haue proued that Tabacco being taken with *styrax, calamita, and the powder of tussilago or coltes foote*, helpeth these fore-remembred griefes. And to this, besides mine owne experience, you shall haue the testimonie and attestation of *Mathias De Lobel* and of *Peter Penor*, two learned men, in their Herball entituled, *Stirpium aduersaria noua*, expressly affirming that there is not a more effectuall or speedie remedie against the consumption of the lungs, and such as be asthmaticall, and such griefes also as proceede from plentie of tough and viscous humours. And And thus would I prescribe it:

## The triall of Tabacco.

Rec. Foliorum sane sancte Indorum.

Styracis.

Sandaracha.

Terebinthina.

Masticas. ana partes aequales.

This medicine being rightly vsed, will deserue due commendation, in regard it helpeth those which are short winded, or haue any slimie and flegmaticke humours growne to matter or suppuration. It also doth much good to pleuriticall persons, and likewise for the cough. For a verie moist breast, the leaues of Tabacco applied, are prooued to bee singular, without any other thing added to them. For those medicinall meanes that doe astringe, or be of a verie drying qualitie, are not rashly to be layed vpon the breast.

I knew my selfe a verie learned Gentleman dwelling at Buckworth in Huntingtonshire who had long languished of an *Orthopnoea*; so that by reason of too many slimy and waterish humours which distilled downe from the braine into the chest, his lungs were so choaked, that hee could not breath, but by holding his necke vpright, insomuch that many times, especially in the night season, he was in danger to be suffocated: by meanes of which, and his extreame cough, together with an extenuation of the whole bodie, he was adiudged *Tabidus* of most Physicians that visited him, yea and to be almost past all hope of recouerie, and one of the Physicians being first asked his opinion, concerning the sicke Patient, cast out these words:

Virtus

*Virtus laſſa cadit, ſoluuntur frigore membra,  
Vita que tartara eſcūtare as fugit indignata per umbras.*

Faint falleſ his courage, and his limbs  
doe faile for want of heat.  
His life diſdaining, packes to hell,  
where *Pluto* hath his ſeat.

And because I being his familiar friend, and one that was best acquainted with his whole course, and order of Physicke & diet, which was both rationally prescribed, and diligently taken and obſerved, yet nothing taking effect that was adminiſtered, when al men thought he would haue died, he was at length counſelled to take Tabacco in fume: which he daily did, and onely by this way by little and little, he recovered his former health and strength of bodie. His friend before ſpoken being a Doctor of Phyſick, and he who had caſt forth the two former verſes, ſeeing the ſodaine mutation, and wondring at the good ſuccesſe, he thus againe pleaſantly and conceitedly anſwered.

*Mors aderat, cymbamq; Charon remoſq; parabat:  
Aſſeruit medicina ſenem iam atate trementem,  
Reſtituitq; nonas effato in corpo re vires.*

In English thus:

Now death appeares, and *Charon* ready stands  
To giue him paſſage with his boat and oares:  
But Phyſicke frees the old man from his hands,  
And him afreſh to life and strength restoares.

They that haue ſene the prooſe hereof haue credibly reported that when the Moores and Indians haue fainted either

### The triall of Tabacco.

either for want of food or rest, this hath been a present remedie vnto them, to supply the one, and help the other.

The vse of masticatories or apophlegmatisms, are much commended, and fitly practised against the affe&ts and passions of the head, teeth, and wind-pipe: and specially they correct inueterate hurts and maladies, and such as be of long continuance, such as be dulnesse or dimnesse of the eye-sight, deafnesse, pustules of the face & head, & when the nostrels haue any ulceration in them, to auert and take away their fluxe of humours. And to effect this, these that follow are much commended, *videlicet*, Hyslope, the rootes of *Iris*, *acorus*, gentian, ginger, and galingall, but chiefly Tabacco: I will set downe some form of these masticatories, that you may take your choyse where you please.

#### Rec. Zingiberis,

*Caryophillorum ana 3j.*

*Sanæ sanctæ Indorum,*

*Piperis ana 3ss.*

*Staphisagria 3ij.*

*Mastiches, 3j.*

*Eiant pastilli addita cera, vel 3ij. cortic.e appar.  
adduntur.*

#### Another Apophlegmatisme.

Rec. *Sana sanctæ Indorum,*

*Mastiches, ana 3j.*

*Ex cera in pastillos avellana magnitudinis for-  
mentur.*

An

An Apophlegmatisme is also made of moist things, whē  
as the decoction of sharpe things is held in the mouth,  
as thus:

Rec. *Sana sanctæ Indorum,*  
*Thymi,*  
*Origani, ana p. j.*  
*Vuarum passarum,*  
*Staphisagrie, ana iiiij.*  
*Cubebarum, iiiij.*  
*Sinapi, 3j.*  
*Coquuntur ex aqua.*

Gargarismes also are much vsed for all passions of  
the mouth, and the Almonds, for inflammations, and  
to deterge and cleanse slimy and flegmaticke humours,  
and for vlcers: and for these causes, Tabacco must of  
necessitie bee commended, and put in the first ranke.

A Gargarisme to cleanse tough and  
viscous fleagine.

Rec. *Fol. tabaci, m. j.*  
*Flo. stechados.*  
*Flo. rorismarini, ana p. j.*  
*Glycyrrhiza rasa, 3j.*  
*Passularum,*  
*Ficuum, ana paria decem.*  
*Coquuntur in aqua hordei integri.*  
*In colat. liss. dissolue mellis ros. col. Jiiij.*  
*Misce.*

I

Another

The triall of Tabacco.

Another Gargarisme for putride, rotten,  
and filthie vlcers of the mouth.

Rec. *Folioram tabaci, ligustris,*  
*Rosarum rubrarum,*  
*Rubi batis,*  
*Rubisaxatilis,*  
*Fragaria sterilis, ana q.v.*  
*Coquantur omnia in vase fistili novo ex aqua,*  
*& fiat gargarisma.*

Another Gargarisme for the Almonds of the  
throat that are inflamed.

Rec. *Foliorum rubi Idai,*  
*Foliorum tabaci,*  
*Trifoliij acetosi, ana q. s.*  
*Coquantur in aq. q. s. ad tertias.*  
*Iuricolato addesyr. aceto. Simplicis, 3 ss.*  
*Syrupi myrtillorum, 3 ss. Misce.*

These gargarismes are of notable force and vertue to  
intercept, and stay the fluxion of humours into any part,  
to hinder inflammations, to cease paine, to cleanse, de-  
terge, and bring to curation all vlcers, and soares in the  
mouth or iawes.

A gentle Gargarisme for these intentions.

Rec. *Sana sancta Indorum,*  
*Serpilli, ana m. ss.*

*Caricarum*

*Caricarum pinguum, 3ij.*

*Aqua q.sufficit. Fiat coctio.*

*Rec. Huius decocti, l. ss.*

*Oxymelitis simplicis, 3ij.*

*Misce.*

If you will haue it a little stronger, then mixe some  
spices with it, mustard-seede, and the like: or in stead of  
water, take the iuyce of sage, calamint, hyssope, or cost-  
marie, with *Oxymel scilliticum*.

But here lest I should seem to be too prodigal in the prai-  
ses of Tabacco, I must (by the way) aduise you to be very  
warie & circumspect in the vsing of it in masticatories, and  
such medicines as be *Saliva ducentia*: and first that if you  
mix any other ingredient with it, you must be verie care-  
full that they bee all of a pleasing odour and smell, that  
they may be held in the mouth the longer time without a-  
ny loathing detestation, or irksomnesse. And secondarily,  
wcc must be verie precise in altogether abstaining from  
Tabacco, in case there bee any vlcers of the mouth or  
throat, likewise in inflammations of the lungs, and in hot  
sharpe rheumes and catarrhes, that destill or drop downe  
right into the lungs: so that Tabacco must not bee pre-  
scribed to any that is subiect, aptly disposed, or in danger  
to fall into any these fore-rehearsed griefes and passions,  
neither yet is it rightly vsed in vlcers of the lungs, least the  
humor through an euill custome might fall down thither;  
but in this case, errhines for diuerfion sake are fitter, which  
are a forme of medicines, ordained to purge the braine  
at the nose. And this I take to bee the chiefeſt, and most  
ſafe course to be obſerued in the administration of this

### *The triall of Tabacco.*

famous Tabacco, for these griefes aboue repeated.

If after the vsing of these Masticatories, or any Apophlegmatilmes, any thing cleaueth to the rooſe of the mouth or palate, it is to bee washed or rinsed with ſome warme water, or rather in ſome decoction of lico-rice and barley.

There is alſo another thing eſpecially to bee obſerued, concerning masticatories and errhines, that they all ought to be of a hot and ſharpe qualitie and nature, and beſides that, of a pleaſant taste and ſent, because thereby the ſpirits animall, may the better bee reſreched and confordeſt, and likewiſe that the expulſive facultie may the more readily and liuely be ſtirred vp, and prouoked with ſuch things as be of a ſharpe and piercine operation and vertue, to fetch away that tough ſlime, or other thicke humours and groſſe ſuperfluities contained in the head. Neither ought they to haue any malignitic, or euill qualitie in them, ſuch as be *coloquintida*, *scammonie*, & *turpethū*: for the membrane of the mouth is all one, & of the very ſelue ſame ſubſtance with the tunicle of the ſtomack; the mouth therfore and the *Oesophagus* being hurt, and offendēd, they doe eaſily communicate their dammages to the ſtomack. And hence it proceedeth, that ſuch persons wil complain oftentimes that their meats which they haue receiuēd, do ſeem vnto them to bee both bitter, and of a ſtinkine and vnsauourie taste.

*Galen* faith that we muſt altogether refraine from theſe errhines and masticatories, vnilefſe neceſſitie vrge thereto. And doe you not thinke there is an extreame neceſſitie, when through an intollerable and vehement paine of the head, there is danger feared of an apoplexie, epileptie, blindneſſe, or the like? Will not a greater danger and hurt redound

redound to the whole body by means of any of these, there will by offending the mouth with any distastful sent or ingrate odor? Wherfore I conclude, that euen of necessity, wee must sometimes bring them into vse.

We must abstain from such things as be very ingrate & vnpleasant, as staphisacre, iuyce of Tithimals, of the wilde cucumber, & Tabacco, being to many the worst of the al. So then when al the reckoning is cast vp, as *Galen* in the seuenth of his Method affirmeth, the properties, qualities, & natures of euery particular mans cōstitution & tempera-ture, ought throughly to be considered & sifted. You shal find some men, that if they go about to dispatch any busines in the night, to which they haue not bin accustomed, they cannot by any means fal to any rest or sleep. Some agaин there be, that if they tast of any thing that carieth but the bare name of a medicine, forthwith they will so abhor & loath it, as they cannot chuse, but must needes disgorge them selues, rejecting al that is in the stomach: which thing (saith he in the first book of *Alienēts*) is partly to be referred to custom & partly to be attributed to the proper & peculiar nature of euery mans tēperament. And he introduceth an exāple of *Arius* the Peripaterike, who being by nature of a thin & slēder body, & hauing the mouth of his stomach very cold, so that vpō euery litle occasion of coo-ling it, he would straightwaiies be taken with an hicker, & by means thereof, durst never be so hardy ns to drinke or taste cold water, at length being taken with a feuer, & constrained of som physicians cōtrary to his custom to drink cold water, hee presently died. And yet with others agaин, we see it falleth not out so: for vnles you boldly giue them to drinke some colde liquor fit for them, you shall ver-y speedily bring their life into great danger: For

## The triall of Tabacco.

*Hic satas ad pacem: hic castrenisibus utilis armis.  
Natura sequitur semina quisque sua.*

Foras I haue touched a little before, there are some men found, who can by no meanes brooke, or away with sugar, honie, oyle, or vineger, and the like, wherewith notwithstanding a great many doe feed full sauourly, and are thereby well nourished and refreshed. The selfe-same thing is to bee obserued in taking this or that medicament.

I know soime of such diuers and different natures, that they are more offended with *Cassia fistularis*, than with Rubarb or Agarick. Others again there be that can more easily away with *Diagredium*, being corrected, then with Rhubarbe; at whose smell, yea, and many times, at the verie naming of it, they are so disquieted and moued, as they are readie to cast vp all in their stomacks. In some persons a Glister worketh very strangely, causing such a garboile, rumbling and rowling, that it many times (ascending vpwards) commeth out the wrong way, I meane at the mouth: and yet you shall haue the same persons nothing squeamish at the taking of any Purge, though never so bitter or loathsome in taste. Otherosome cannot endure a Suppositorie, which will easily admit a Glister. We shall see some in other matters, and enterprises, to contend even with the most valiant, that dare venture life and limbe, that cannot yet endure the letting of bloud; and even before the instrument touch them, their hearts will turne into liuers, and so fall downe in a swoone: whereas weaklings, milke-sops, and spider-catchers, corner-creepers, and cowards in other matters, and meacockly wo-

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men wil suffer and endure a verie large quantity of bloud to bee taken from them, without any shrinking, the least paine, trouble or disquiet that may be.

By all which it is plaine and manifest, that the nature of euerie sick Patient is to be wel considered, and the proper curation to be fitted to him ; and againe, because the propriete of each mans nature and complexion is ineffable, and cannot aptly in words bee vttered, nor in any exact science bee comprehended or described, I pronounce and adiudge him to be the best Physician of every griefe, and sickness, which hath already acquired, and attained vnto such a certain way or method, by which he can both readily know and discern the temperaments, and natures of men one from another, and by a good and rationall conjecture, prescribe fit and conuenient remedies. For, to thinke that there is but one common and beaten hie way to cure all persons alike, as blocke-headed and dunsticall Empiricks, and quacksaluers imagine, is mere madnesse. For why ? a common and generall man is not cured, but each one particularly : one hauing one distinct temperature, and another man being endued with another particular nature, and different constitution. So then to draw to an end of this discourse, because I haue been caried beyond my compasse futher than I thought, our chiefe studie and care must be, to know certainly of what temper every mans bodie is. For medicines doe either retaine, losse, or alter their vertue and qualities, according to the diuers natures of each severall constitution, to whom they are giuen. And this, besides our owne practise, may be further confirmed by *Hippocrates*, l. 3. de *Morb. Ac.* where he flatly telleth vs, that *melicratum* in some persons is diuretike, with others diaphoretike, and with

### *The triall of Tabacco.*

with some againe it causeth purging. And so may wee say of our Tabacco, that with some it is accounted and esteemed to be of an excellent sent ; but others againe cannot endure it. And thus I will stop my course a while in my full careere.

The leaues of Trinidad Tabacco, being warmed vnder the embers, never shaking off the ashes, and applyed and laide often warme to the stomacke, doe much helpe the great shiuering , or exceeding shuddering coldnesse thereof, and windinesse in the same.

Some for the coldnesse and winde in the stomacke, vsē to take the greene leaues, and bruise them in their hands (prouided that first they bee a little anointed, or dipped in oyle) and then make application to the stomacke.

The leaues of Tabacco being bruised, and put to steep in vineger and applyed as an vnguent vpon the stomacke, are found by experience to bee very good against the obstructions of the stomacke and spleen : on which parts againe the leaues warmed, or a linnen cloth dipped in the warme iuyce thereof, must bee laide on : but in defect of the leaues, the powder of Tabacco being made, and wrought vp with some common vnguent that is aperient or opening the obstructions of these parts is much commended, if so be that the obstructed and swelled parts be therewith a good while anointed.

The women of *America*, commend this hearbe in all crudities, rawnesse, and ill digestion of the stomacke, especially in children, and such also as be of riper yeares: and they vsē first to anoint the lower parts of the belly with cōmon oile, & then the leaues being rosted vnder the embers, to be applied to the same forepart of the stomack, and also to the back directly against the same. These leaues thus

thus rosted and applyed, doe much soften, and gently purge the belly, prouided alwaies that you doe renew, and refresh them, so often as neede is.

An Vnguent for a colde stomacke.

Rec. *Oleorum, Macis,*  
*Mentha,*  
*Absinthij, ana 3ij.*  
*Galanga,*  
*Garyophyllorum, ana 3j.*  
*Corticum citri,*  
*Calami aromatici, ana 3j.*  
*Sana & sancta Indorum, 3js.*  
*Cera noua quod sufficit.*  
*Fiat vnguentum.*

You may to this vnguent adde a little muske if you please. But if windinesse and colde haue much preuailed and proclaimed open warre to the stomacke: then for surenes sake, after the application of the former vnguent, it will not be amisse to lay on it this or the like *Scutum*.

Rec. *Sana & sancta Indorum,*  
*Absinthij,*  
*Maiorana sicca, ana 3jss.*  
*Caryophyllorum,*  
*Ligni aloes, ana 3j.*  
*Seminum fæniculi,*  
*Baccarum lauri, ana 3jss.* with a little cotton  
stitched, quilted, or interbasted between two fine linnen  
clothes or silkes, with laces or strings tied or sowed to it,

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*The triall of Tabacco.*

(as will be fittest) let it bee applyed to the region of the Stomacke:

Or this *Sacculus* to be thus prepared for the coldnesse,  
and windinesse in the Stomacke and spleene.

Rec. *Foliorum sana sancta Indorum,*  
*Florum chamomilla, ana m. j.*  
*Foliorum pulegij regalis,*  
*Centaurij minoris,*  
*Absinthij, ana 3iiij.*  
*Seminum Rute,*  
*Sem. Eruce,*  
*Nasturtij hortensis,*  
*Barbareae, ana 3jss.*

Beat them all into grosse powder, and of these make a *Sacculus*, as before applying it to the place affected.

Another *Sacculus* which is good to resolve and mollifie, fit to be vsed in a drie and schyrrous spleene.

Rec. *Salis communis,*  
*Seminis cumini parum torrefacti, ana m. ss.*  
*Florum meliloti, m. j.*  
*Fol. sana sancta Indorum, m. j. ss.*  
*Radicum ebuli, 3j.*  
*Seminis thysselij, 3. v. Misce. Siccatur in tegula,  
Et tenuis include linteo, fiat *Sacculus* ad formam splenis, qui,  
vhus tempore, acerrimo acetato, in quo candardis molaris lapi-  
dis frustam extictum sit, rigetur. Of these make two  
bagges, to be applied to the spleene, one after another.  
In making of any *Sacculus* to bee applyed to the sto-  
macke,*

macke, the powders must not exceede one ounce and a halfe; for oftentimes 3vj. are sufficient.

This plant then, as you heare, by the testimonie of M. John Gerard, Carolus Clusius, and other learned men, cureth winde, coldnesse, and stopping of the stomacke and sp'cene; in regard that as all men by sound experiance finde, it consumeth moist and waterish humours in all parts of the body, taking away, and cleansing the superfluous sliminesse, and such other like tough and congealed matter, which caused loathing of meat, and other oppilations: so that this hearbe rightly vled, must needes disperle winde, in regard of his hot qualitie, stirring vp an appetite, and desire to meat, by reason of that milde and gentle adstriction, and cleansing vertue it hath. So that he which is well acquainted with the noble qualities, and hath made true grounded experience, concerning the right vse of this plant, needs not be so sollicitous to run, and gad in all haste to the good towne, when his belly aketh or is griped, for a pinte of maluesie, a penie pot of sheric-lacke, hippocras, *aqua vita*, *rosa-solis*, or Doctor Stephens water, to heat their mawes, when they are a little troubled with gripings in the bellie by meanes of winde: Oryet to haue readie in their closets and studies, nutmegs, or ginger condite, *diatrion pipereon*, sugar-cakes and jumbles, *manus Christi*, *aromaticum rosatum*, and the like, much lesse to buy plaisters, or vnguent. And yet we must, as I haue præmonished, not bee too knack-hardy in the vse of it: but withall this prouiso must be caried in minde, that in the imbecillitie & weaknes of the stomacke, we doe euer commixe withall such things as doe strengthen the liuer, either because from thence the naturall spirits be diffused, scattered, or let run into the whole

### The triall of Tabacco.

bodie, or at leastwise because it is the shop of bloud. And when by meanes of a verie hot liuer, a colde fluxe of humours annoyeth, wee must by all meanes possible refrigerate the liuer as the cause, and then the stomacke will so much the more easily returne into his owne temper and nature. So that in this case, Tabacco is not so excellent as many suppose. Lastly, in the application of hot remedies to the stomacke, moderate adstringents must be commixed.

Tabacco is giuen with good successe to such as are accustomed to swoone, and are troubled with the colicke and windinesse, against the dropsie, the wormes in chil-  
dren, the piles, & the *sciatica* or gowt in the hanch, or hip.

Some will thinke it strange, that it will cure panting and beating at the heart, and *Syncope stomachica*, as I haue found by practise, that it hath remedied these griefes: and yet others I haue knowne, that found so little ease thereby, that euен by comming into the place, where the fume is received, they will bee ready to faint, and fall into a swoone, or vtter failing of strength. Well then, for resolution hereof, we must moreouer consider, and add to my former discourse, that by the particular nature of each singular individuall vnder the *species* of man, is manifestly to bee discerned the incertainty of the accidents; yea, and in some sort of the humane senses also: for who would not wonder, that *Demophon* one of the Squires that was Caruer to *Alexander* the Great, how that contrarie to the nature of all other men, hee would grow hot and warm in the shadow, and would shake & quiver for cold in the sun? And *Andron* the Argive would trauel throughe the most dry, & barren sandy places of the desarts of *Lybia* and *Afrike*, without enduring of any thirstinesse.

Others

Others there haue beeene, who onely by seeing, yea, and by smelling of Coleworts, onions or galicke, haue fallen into a swoyne, and some againe by the onely tume and smell of Tabacco. And *Mattiolius* that learned Physician in his Commentaries vpon *Dioscorides*, doth assure vs, that he himselfe knew a man in whom this was natural. And albeit it be most certaine, that the hemlock be a most strong poison, and that the noble *Socrates* was poysoned therewith in the citie of *Athens*; yet doth *Galen* assure vs (in the third booke *De Simpl. med. fac.*) that there was an old woman in that same towne which did feed, & liue vpon the same hearbe. And I my selfe know many country-people that wil not stick to giue the posset-drink thereof without any curious respect of quantitie to any their friends that are vexed with hot or burning feuers. What flower is more pleasant and odoriferous, than the Rose? and yet *Auratus Lusitanus* telleth vs, how he knew a man, who by the onely sight of a Rose, would fall into a swoyne: and of this nature also, as I am credibly informed by men of no small reputation and grauitie, was the late Lady *Henneage*: yea, her skinne (as some say) would blister, if any part of her body had been lightly touched with a Rose, either damaske, red, or white.

Some there be that doe not loue flesh, others cannot away with fish, and another whom I was well acquainted with, dwelling at *Ashdon* in Essex, could neuer abide the taste either of fish or flesh. Some doe abhorre cheese; and there bee some men, to whome fruit is so hatefull, that if they doe but see any to eat thereof, they will bee enforced to fall a vomiting. Some againe haue an excellent quicke and sharpe sight in the night, and in the darke, as had *Tiberius Cesar*, and *Ieronimus Cardanus*,

## The triall of Tabacco.

and they can see but very little and badly in the day. Others bee that will swallow glasse, mettall, wooll, bricks, and other such like things, and (which is almost incredible) by the heat of their stomacke, will bee able to digest them.

There be three things generally which do make meats, and nourishments, which of their owne nature are hurtfull, to be more pleasant, and lesse offensive: that is to say, vse and custome, the pleasure and delight that one is possessed with, and a strong and firme stomacke: for good and holesome meats, if the stomacke cannot away with them, doe subuert, and cause a loathing, and abhorring in it: and againe, if the stomacke bee verie weake, it easilly refuseth and reiecteth meats of quicke and easie digestion. In like maner concerning odours and smels, with all men, nor yet with the most, the saour of Tabacco cannot be vnpleasant, nor produce such strange and fearefull effects.

## A Cerote against wormes.

Rec. Myrrhe,

Aloes, ana 3j.

Pul. fol. sana sancta Indorum,

Sem. abrotani, ana 3ss.

Cera, resina, an q.s.

Fiat ceratum.

## A liniment against the wormes in children.

Rec. Succi foliorum sana sancta Indorum, 3iiij.

Pulcri scordij,

Aloes,

Aloes, ana 3ij.

Olei communis, 3j.

Cera parum.

Misce & fiat linimentum.

Now follow such other medicines as are made of Tabbacco, & first concerning the *Sciatica*. For it is found by experience of the learned, that it mitigateth the pain of the gout, if the leaues be rosted in the hot embers, and applied to the agriued part. For paines likewise of the ioynts the tender leaues of Tabbacco, or *Nicotiana*, being bruised and applied to the place, vntill it beginne to looke red, are singular. In like sort a Cataplasm performeth the same effect, and is more effectuall then the former, being thus made.

Rec. Radicum Althae,

Rad. liliorum,

Iridis, ana 3j.

Foliorum sanæ sanctæ Indorum, m j.

Florum chamameli,

Meliloti,

Summitatum anethi, ana p. j.

Seminum lini,

Fænugraci, ana 3ss.

Cymini,

Baccarum lauri, ana 3iij.

Croci, 3ss.

Axungia anserina.

Medulla vituli,

Butyri,

Olei liliorum quantū sufficit. Fiat Cataplasma.

This

The triall of Tabacco.

This Cataplasme is emollient, and softneth tumours, it digesteth and asswageþ paine, and resolueth and discusseth winde. These Cataplasmes are seldom administered but where the body is first purged.

A Fomentation that addeth strength to the  
weakened parts.

Rec. Foliorum sana sanctæ Indorum, m.j.

Foliorum rosmarini,

Stachados,

Chamæpiteos,

Hyssope,

Nasturtij, ana m.ss.

Coquantur ex vino austero, & cum spongijs fiat

Fotus.

For paine in the ioynts or hippe-bone, an  
excellent Cataplasme.

Rec. Lactis, l. j.

Micas duas panis albi.

Coquantur, et adde

Pulueris tabaci, m.ss.

Croci, 3j.

Vitellois duos ouorum,

Olei rosarum,

Olei Chamameli, ana 3v.j.

Fiat Cataplasma : et bis die applicetur  
calide.

A Suffumigation to be taken when the ioynts are much loosened, or relaxed with too much moisture.

Rec. Foliorum sanae (sanctæ Indorum, m.ij.

Foliorum lauri,

Fol. Salviae, ana m.j. ss.

Hyssopi, Betonicae.

Verbasci, ana m. j.

Coquantur ex vino: lapides igniti hoc conspergantur.

Mane & vesperi admittat hunc vaporem loco calido.

After hee hath receiued the fume or vapour of these hearbes a good while, so soone as the Patient is ready to come forth, let him straight waies goe to his warme bed, and take one dram of excellent treacle in hot posset-ale: so being couered very warme with clothes, let him sweat one houre, two or three after it, as his strength will endure.

Experience by some persons a fewe yeares since hath brought to light, that Tabacco resisteth and breaketh the force of poylons, and especially that most dangerous venome, wherewith the Cannibals doe anoint their darts, and arrowes: for before the vertue of this was knowne, they were wont to cast the powder of *Sublimatum* on their wounds. Now the Spaniards knew well, that it would ouer-master and infringe the power of poysone, and that by these meanes: It fortuned that certaine Cannibals sayled in their canowes to S. John de Porto Rico, of purpose to kill those Indians and Spaniards they found

### *The triall of Tabacco.*

there, with their inuenomed shafts. So arriuing at the place appointed, they forthwith slew the Indians, and some Spaniards, wounding many other: and wanting sub-limate to cure their wounds, a certain Indian taught them to wring and presse out the iuyce of this Tabacco, and to apply it to their wounds, and after they had done this, to take the leaues being braised, & so to lay vp the wounded place: which being done, straightwaies the paines abated, and all those symptomes, accidents, passions or effects which doe vsually accompany such inuenomed wounds, the poyson and venome thereof (I say) was by this ouercome and vtterly vanquished, and the wounds perfectly cured.

So from that time forwards, men began to put in practise the leaues of this plant against strong & deadly poysons. And the Catholicke King himselfe (I speak as a Romist) hauing a desire to trie the vertues of this hearbe, caused a dog to be wounded in the throat, & with the poison that hunters vse, the place to be rubbed and anointed, and within a whileafter, good store of the iuyce of Tabaccoto be dropped into the sore, & the leaues also being beatē or bruised to be layed ouer, and bound close to the wounded place, and by this meanes the poore dogge escaped the danger, not without the amazement, and wondrous admiration of all that saw or knew it. In like maner, it being applied to venomous and pestilent carbuncles, botches, or sores, it bringeth a hard crust vpon the place, and so absolutely cureth them. And against the bitings or stings of poysonous beasts, or any venomous living creature they are a present remedie.

They affirme and holde for certaine moreouier, that a man in France (hauing a sore ulcer or apostume, caused by

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the euill of Naples or Spaine, (chuse which you will, all is but one, for the best of them is but *Hydra malorum*, as *Auger Ferner* saith) that wee in plaine good English call, the great Pockes, or, the French something, by the applicatiō of the leaues of this plant, was immediatly cured thereof. This is *Morbis contagiosus*, though not *Pestilentialis*: & I must confes, that I am somwhat backward in belieuing of this, and therfore I will leaue euery man to his owne liberty of beleeving or refusing this. But for the former example, I dare boldly say: for besides a Kings testimonie, you shall haue the attestation of sundry good merchants of this Citie of London to confirme as much. And I can see no reason why, but that the decoction of our owne country Tabacco should as well, and to as good successe be vsed in the plague, & other poisonous sicknesses, as tormentill, burnet, the wilde *Angelica*, and that of the garden, *dianthus*, marigolds, butter burre, *Carduus benedictus*, *S. Johns wort*, *Morsus diaboli*, Scabioſe, gentian eye bright, water germander, *vinca peruinca*, Juniper, and bay-beries, with a hundred the like. And a medicine in the plague thus prepared, I should iudge to be verie effectuall.

*Rec. Pulueris radicis Angelicae Hortensis vel sylvestris, 3j.*

*Theriaca optima, 3j ℥ss.*

*Aqua stillatitiae, sana sancta Indorum, 3iiij.*

*Aceti optimi, 3ſſ. Misce.*

This is to be taken warme at one time, and presently to go to bed and to mooue sweat: let the sweat be continued gently and easily foure or five houres, or more if strength will endure, and keep warme after for two daies.

If a sore doe appeare, then make a pultes with wheaten bread, two handfuls, sweet butter 3ij. of the leaues of Tabacco, and the hearbe called Diuels bit, of either halfe a

### The triall of Tabacco.

handfull, with sufficient water make a pultes. After it is made, put to the pultes vj. onions roasted vnder the embers, and mingle them. Lay of this hot to the place, and shift it twise or thrise in a day.

### An Vnguent for a pestilent Carbuncle.

Rec. Foliorum sana sancta Indorum, m.j.

Centundantur addendo vitel. Ovis unius

Cum salis, 3ss.

Vnguent. Basilisco. 3ij. Misce.

Fiat instar vnguent. & applicetur super Carbunculos.

### Aqua Theriacalis ad Pestem.

Rec. Liquoris stillatitij sana sancta Indorum, l.vij.

Antidoti Mithridatici Damocratis, 3vj.

Carduibus benedicti,

Scordij,

Galega, ana m. ij.

Macerentur simul per noctem, postea destillen-

tur, f. a.

Cap. 3ijij. pro vice.

But heere a great doubt and controuersie may arise, whether as sometimes we see one poylon to be the expeller of another poysone; so in like sort, whether one stinking sauour, and graueolent or ill odour, and vapour of some pestilent breath or ayre, may bee the proper amulet or preseruatiue against any such poysone, to bee hanged about the necke: for at this time let it bee granted (to please

please some) that Tabacco is of no good smell or sent, and that it is a little poysonous. For wee see some daily in the time of any generall or grieuous infection of the plague, for quoidance thereof, and for preseruation sake, will smell vnto the stinking sauour of some loathsome Priuie, or filthy Camerine and sinke; and this they make reckoning is one of the best counter-poysons, that may bee deuised against any pestiferous infection: for their nature being mured to these, they will afterwards not seeme to passe for any pestilent malignicie of the ayre, and dare boldly aduenture without any prejudice, or impeachment to their health, into any place or companie whatsoeuer. And to perswade vs the more easily to this, they obiect to vs for example sake, those women that spend their daies continually in hospitals for Pilgrims, & for poore trauellers, who are accustomed to euery abominable sauour of the sicke; whereof we shall never see or very seldome, any of them either to be taken, or die with any pestiferous infection, though never so dangerous. In like maner, there be some that in time of the greatest heat and rage of the Pestilence, doe kil dogges, cats, and other like creatures, suffering them to be cast, and lie rotting and stinking in corners of streets, crosse pathes, and where many waies meete, thinking that by these meanes, the rotten, stinking and euill vapour that from them is carryed vpwards, filleth the ambient ayre, and so either drinketh vp, consumeth, or else quite altereth the pestilent infection thereof. After which sort we read, that in times past a certain Physician freed *Seythia*, now called *Tartaria*, from the mischiefe of a most dangerous pestilence.

I am not ignorant, how that sometimes one poyson is the preseruatiue against another poyson, and the flesh of

*The triall of Tabacco.*

vipers (which entreth into the famous composition of *Mithridatum*) to resist and quell, not onely his owne, but euen the venenositic of other Serpents. There is not a pre-senter remedie for one that is dangerously strooke of a venomous Scorpion, than the oyle of Scorpions it selfe. There be many liuing creatures that haue certain hid properties against diuers cuils: and so we see that experience hath giuen the knowledge of many medicines, of the which none can giue any certaine reason. Wherfore I would that some would experiment those of our owne countrey, and compound some *Theriaca* or *Alexipharmacall* medicine of our own plants, which the euerlasting God hath giuen to our owne vse: the which to my iudgement would proue more excellent, farre better, and more sure than vipers (though neuer so wel corrected) of whose flesh partly, is made and composed the famous electuary, called *Theriaca magna*; knowing that it is not sure to vse vipers, because of their deadly poison that they beare, what-soever others say.

But to returne from whence I haue a little digressed, I will not deny, but that such persons as haue been acquainted and accustomed to a bad and vnholosome stinking aire, or any pestilent malignity, but that they will smell vnto, & easily endure any thing that may be imagined worse then any stinke it selfe or carion-like smel, without either danger, trouble, or any displeasure at all, and doe recke so little of the plague when it rageth most, as I haue seen some, & known moe, euen fasting and without fencing their heart or spirits with any antidote, to haue buried moe than two hundred, whom the plague had bereft of life. And yet this I say, that Tabacco is not so perillous as som would make the world beleue, but that amongst the proper curations and

and alexiteries against any pestilent infection, this obtaineth not the last place.

Galen in his third book *De Alimentorum facultatibus*, plainly sheweth, that in his daics there were Egyptians that fed as sumourly on Serpents, as othersom did of Ecles. The new-found world nourisheth great store of Serpents and Lizards of a maruellous greatnessse, the which are easily taken of those countrey people without danger: yea the Neigers eat these Lizards, so doe the Indians of America, both these and also the lesser ones which are of the bignesse of a mans legge. And who hath not read (though from long journeys large lies are afforded) what *Peter Martyr of Angleria* in his *Decades* hath written? And *Luretius Ioubertus de Cutis capitum affectibus*, wil resolute vs, that the Americans, and their neighbours doe the same.

About three degrees and a halfe from the equinoctiall, there is found a riuier that cometh from the mountaines of the country named *Camia*, and another more lesse named *Rh-gium*, the which beare and bring forth verie good fish, also Crocodiles very dangerous: as the riuers of *Nilus* and *Senega*, and they eate them as wee doe venison, as *John Leo* in his description of *Africa* saith: And *Andrew Theuet* in his description of the new-found world, agreeeth with him saying, that the Americans food for the most part, is roasted after their maner, as rats of diuers kindes, and great ones, a certaine kinde of toades greater than ours, Crocodiles, and others that they rost al whole, with the skinne and the bowels, and this they vse without any difficultie: yea these Crocodiles, and great Lizards bee as great as a pigge of a moneth old, thewhich is a fine meate (as they say that haue eaten thereof.)

These

*The triall of Tabacco.*

These Lizards of *America* are so priuie, that they will come neere vnto you, & take their repaste, if that you wil take it without all feare or difficultie. Their flesh is like a chickens flesh, and they kil them with shooting at them with their arrowes. And if tabacco were halfe so bad as any of these, I trow the dispraisers thereof might then with full mouthes, and full cheeke except against it.

It cannot be denied, but that Tabacco hath some malignitie, yea, so me naughtie and venemous qualitie in it, in respect that it produceth such a strange swimming, vertiginie or giddinesse like drunkennesse in the braine, with foaming at the mouth and swooning, yea, lying as it were dead, or in a traunce for a certayne time, when any almost hath first taken it, and yet at length after their bodies haue been acquainted and inured to it, there hath no such passion or effect followed, though it hath been taken by them in a verie large quantitie.

Wherupon doubtlesse, wee must conclude, that euen of strong poysons, some men may very well be nourished, and conueniently fedde, especially if they bee assument moderately, and by degrees a little at once: as *Lewes Vertoman* writeth of the King of Calecut, whose father so inured him to take poysone, that hee was fed and nourished therwith, and with nothing else all his life time: so that when he intended to put any of his noblemen to death, he would but cheaw, and bite in his mouth a certayne fruit there growing, called *Chofolos*; which being done, hee would spit them in the face of him with whom hee was offended: who presently after being poysoned with this stinking breath, would goe home and die. This King (as the forenamed author saith) had foure thousand wiues, but he never lay with any of them but one night:

for

for the next day day shee was found dead, onely with the poisonous breath of the King. So that hereby, by these examples we may learne, that poysons and strong medicines may by degrees bee overcome by the vertue and strength of nature, & be converted into a profitable nourishment of the whole bodie, as al Physicians alleage; sithence there is nothing that nourisheth, but that which is first concocted, & digested, by the power & benefit of nature.

Custome is of great force in our meats: and that many haue been fed onely with poysons, *John Braverni, de re cibaria, lib. 1. cap. 22.* plainly sheweth. So in times past the people called *Psylli*, and the *Marsi* would without danger, both handle, and eat Serpents. *Hollerius* reporteth of a Spaniard that would eate halfe an ounce of *Opium* at one time: we in England must not exceed twelue graines, and in Poland two graines onely will kill a strong man so that he shal never arise, till the triumpe of the Archangell awake him. *Iohannes Heurnius* saith, that hee hath seene diuers slaues at Naples in Italy, which would deuoure a verie great deale of *Meconium*: and others againe would as fast eate poppie without any sensible hurt thereby. And as I haue partly touched before, wee read of one *Tharsias* an Apothecary, and many shepheards in Greece, who would take into their stomacks whole handfuls of *Helleborus albus*, or Neelewort, without any danger at all, digesting the very well. *Eudemus* of the lland of *Chios*, would do the same, without any purging downwards, as *Theophrastus* assureth vs: & yet with others we know, that it procureth vomiting mightily, & that with extream danger, & hazard of life, if it be not well corrected, & giuen to strong complexions, and robustious constitutions, and not to nice and delicate persons.

### *The triall of Tabacco.*

Wee reade in histories of a maide of excellent beautie, that was onely fed and brought vp with the deadly poyson of *Napellus*, who was presented to *Alexander* the great by the king of *India*, to the intent he should bee ensnared in the inextricable labyrinth of her beautious physnomie : whome when *Aristotle* his master had throughly viewed and beheld, hee forewarned the king of the danger, and the bait that was laid to insnare him. Neither was he therein deceived in his iudgement , for though the king refused her companie , manie other sprightfull laddes and lustie-bloudes being allured and bewitched with her companie, they all died by that abominable poysonous and destroying vapour or hurtfull breath which came from her body , as *Johannes Langius* in his Medicinall epistles hath also remembred . This maide did well enough with this hearbe *Napellus*: and yet the force and facultie thereof is so deadly both to man , and also to all kindes of beastes, that if any doe eat thereof , their lippes and tonges swell forth-with, their eyes hang out , their thighes are stiffe and their wittes are taken from them, as *Auicenna* writeth in his fourth book . Yea the force of this poyson is such, that if the pointes of speares, darteres, or arrowes bee touched or annoyned with the same , they bring deadly hurt to those that are wounded therewith . So that if strong poysons through custome may bee turned into the profitable nourishment of our bodies ; howe much more , such Simples, that bee but as it were a little hurtfull as Tabacco is.

The like may bee said of meates and medicines : some men will eate and continue with feeding on *Cassia*, as familiarly as if all their life time they had neuertaken delight in any otherthing : and yet with others againe it is accounted

accounted verie loathsome, and bringeth gripings, wringing, and much torment to the whole bodie. In some persons, *Manna* turneth wholly in choler: and it gently looseneth the belly in others. Some will very easily digest beefe, or any meats of harder digestion, whose stomacks againe doe abhorre the flesh of hens, rabbets, and the like: & if they chance to eat of them, they turne into sower belchings, and are quickly corrupted in their stomacks, lying there stinking, as in a filthy puddle. Therefore whatsoeuer is familiar to any particular mans nature, and where-withall he is most delighted, neuer bee afraide to giue the sicke, although in others it may not be tollerated. But to returne againe into my path from whence I haue a little digressed.

Although all men, and all countreys are not alike subiect to, and hurt by the pestilence (for *China* which is the greatest part of the habitable world, in which there are (as some Histories report) seuenty millions of people, being scarce so many in all Europe, wherein (as I suppose) God hath included the greatest gulfes of mankinde, is not subiect to this dangerous disease, nor yet many parts of *Africa*, as *John Leo a Moore* borne in the Kingdome of *Granada* saith) yet we know and feele, that all those countreys that lie open to the sea, or bee situated right against the South, or lic much open to that point, are more dangerously infected than others that haue not the same site of place for their dwelling. And likewise those that dwell in hot and moist places, poysoned with filthy or mistie exhalations, are more vexed and plagued, than more open and champain countreys, or those that be more mediterrane. And againe, amongst men they are more cruelly handled, which being of a hot and moist temperature,

### *The triall of Tabacco.*

and such as be full of grosse and corrupt humours, hauing such bodies as be ready to run ouer with plenty thereof, are more subiect to putrefied agues, than colde and drie complexions, and such as haue but small store of humors, and the same very fine and pure. For ouermuch loose-nesse and largenesse of body, euen as too much adstriction maketh a way for the pestilence.

But it will be necessary, and to our purpose in hand, and worthy the labour and paines taking, more deeply to enter into, and to make a larger rehearsal into this discourse, and leasurely by peece-meales, as it were to cut and minse the same. Although therefore the pestilent poison without exception, no lesse vio'lently setteth vpon, as well the richer as the poorer sort, and assoone dispatcheth those of stardy and able bodies, as meacockes, milk-sops, and weaklings, and such as be great, strong, quarrie, bigge, well set, handsome timbred, and such as we call well proportioned and of a iuste temperature and making (neither too slender nor too grosse) as well as those that are sickly, queasie, and abounding with cacochymicall humours, and vpon men as women, old and young, hot complexions as cold, moist as dry (for to all alike it proclaimeth open war:) yet neuerthelesse it often commeth to passe, that vpon some it sooner layeth holde, and killeth more speedily, than it doth vpon others. For first in respect of ages, wee finde by common experience, that Infants are more endangered thereby, and take it sooner than children, and these sooner than young men, and younger more than those of riper yeares, and women are more often subiect to this griefe than men, and chiefly those that bee with childe, and such as are not monethly expurged.

Of complexions likewise, that temperament which is hot and moist, or cold and moist, is oftener and easilier ouerthrowne, than either the hot and drie, or the cold and drie complexions. And for the same reason, the sanguine, and the phlegmatique constitution are most in danger, and are more subiect vnto this grieve, than either cholericke, or melancholike persons, and doe sooner die withall. The cause of this varietie is the superabundant, corrupt, or filthy humours subiect to putrefaction, or corrupt and filthy bloud, which is easily infected with the contagion of the ayre receiuing pestilence. And this is the cause, that those who are much subiect to sicknesse (although that some will fassly maintaine, that either the French Pockes, or the quartane ague, is a *Supersedesas* to the plague) and cacoehymicall bodies, doe sooner feele the hurt thereof, and are put into further hazard than such as bee exquisitly sound, and in perfect health: and those that vse nourishments which breed euill iuyces and humours in the bodie, than the contrarie, or such as bee of easie concoction; and such as surfer, pamper, or cocker themselues too much, more than those that behauie themselues temperately, and vse a moderation in their expences and manner of living, as some say they doe at *Florence* in Italy.

To shut vp all in a word, those that keepe good rule liuing continently, are freer from this plagay infection, then such as liue after their owne pleasure, wilfully, and luxuriously: and they that keepe home, lesse than such as gad abroad, being accounted good fellowes, louing to frequent much company, do lesse feele this poisonous disease. Now although by this that I have said, one may easily

### The triall of Tabacco.

gather, why Tabacco should be good in some constitutions, (I meane in hot and moist, and colde and moist) and why not in others some so holesome : yet for all that, this must be taken warily, namely, that wee vse not Tabacco (for purgation sake especially) nor yet any purging medicine in the beginning of the plague, or yet if they be taken with any fluxe or loosenesse of the belly; for of these thus affected, there is scarce the hundredth person that escapeth with life. I know well what *Fracastorius*, *Palmarius*, and many others haue written, and enforced themselves sometimes too farre concerning these points, & as they imagin they haue attained the truth. As for me, it is not my purpose at this time to censure others in this iudging world, but only I thought good to speak thus much by the way, seeing it is not quite besides my intended scope, as touching our Tabacco.

The iuyce of Tabacco boyled in sugar to the forme of a syrupe, and inwardly taken, driueth forth worms of the belly, if withall a leafe bee layed to the nauell. It cureth also the Piles, and the Dropſie.

### An Vnguent for a Dropſie.

Rec. Succorum sanæ sanctæ Indorum, 3vij.

Cortic. med. Sambuci,

Chamomilla,

Tithymali, ana 3ij.

Succi violarum,

Radicum Cucumeris agrestis,

Mercurialis macis,

Laureole,

Colchici Anglici,

Felis

The triall of Tabacco.

44

Fellis tanri,  
Aloes hepatica, ana 3ij.  
Diagredij, vnc. ijs.  
Cum oleo olinar. lib. iiij. & Cera alba. lib. j.  
Fiat unguentum f. artem.

An Emplaster for the same.

Rec. Stercoris vaccini,  
Sterco. Caprini, ana 3vij.  
Macerentur per horas vj. in acetato vini albi &  
siccator.  
Tum Rec. aluminumis rocha,  
Salis nig. torrefac.  
Sulphuris flavi, ana 3ij.  
Succitabaci, 3vj.  
Foliorum Soldanelle, vnc. ijs.  
Semimum Anisi,  
Fæniculi,  
Carui, ana vnc. j.  
Farina lupinorum,  
Orobi, ana vnc. j.  
Terebinthina, vnc. ij.  
Picis naualis, vnc. xij.  
Axungia porcina, vnc. iiiij.  
Fiat Emplastrum f. artem.

Syrupus optimus ad Hydropicos.

Rec. Foliorum sanæ sanctæ Indorum. m. vj.  
Hyssopi siccii,  
Pulegij regalis,  
Ceterach (seu asplenij) ana m. j. ss.  
Calamenti minoris, p. ij.

Semimum

The triall of Tabacco.

Seminum Anisi,

Seminum vrtica,

Sem. Anethi, ana 3iiij.

Galanga,

Hellebori albi, ana 3iiij/5.

Asari,

Agarici, ana 3ij.

Rad. Angelica hortensis,

Rad. iridis,

Costi,

Amomi,

Polipodi quercini, ana 3j.

Let all these be beaten to powder, and infused in six pintes  
of the sharpest wine vineger for threue daies space in the o-  
pen sunne, in a glasse vessell. Afterwards boyle them in  
a double vessell with a gentle fire to the consumption of  
the halfe, then straine them, and add to them of *Mel ro-*  
*sarum* 1. j. *Sacchari* 1. ss.

Boyle them againe to the consumption of the vineger,  
and aromatize it with saffron, ginger, and mace, ana 3ij.

Fiat Syrupus secundum artem.

A conuenient purge in a Dropsie.

Rec. Seminum sanas sancta Indorum, 3j.

Rhabarb. 3/5.

Diagridij, gr. iiij.

Syrupi ros. sol. cum agarico 3j. cum aqua destil-  
lati tabaci, quantum sufficit.

Fiat potio. Detur post digestionem conueni-  
entem.

An

An excellent *Sacculus* to discusse winde, to remooue  
the colicke, and is very effectuall in  
a tympanie.

*Rec. Foliorum san. sanct. Indorum, p. iiiij.*

*Florum Chamæloram,  
Summitatum anethi, anap. j.  
Cymini,  
Caris, ana 3js.*

*Baccarum Lauri, 3iij.* Make two bagges of  
all these being quilted or interbasted, so that  
they may couer the most part of the belly.

Tabacco is a present remedy for the fits of the mother,  
it mitigateth the paine of the gout, if the leaues bee rea-  
sted in hot embers, and applyed to the agreeued part,  
and likewise a Cataplasm made onely of the leaues of  
Tabacco being boyled in milke with a little comin-seede  
with the yolkes of two egges and saffron, 3j.

An Vnguent to take away all paines of the Gout.

*Rec. Succifoliorum san. sanct. Indorum, 3viiiij.*

*Axung. porci masculi,  
Axung. caponis, ana vnc. ij. Misce.*

Put all these into a glasse, stopping and luting  
it close with paste, and set it in the ouen  
for eight or nine houres, make an Vn-  
guent. This also helpeth such as bee trou-  
bled with crampes and conuulsions.

### *The triall of Tabacco.*

A Cataplaine also or Pultes made of the roots of marsh mallowes, Tabacco leaues, some line-leede, and crums of bread is much commended in the gout: and if a little oile of wormes be added to it, nothing can bee deuised better. Some doe also greatly praise a medicine thus prepared, for the gout.

*Rec. Olei cannabini l. f.*

*Vini albi, l. j.*

*Foliorum sanæ sanctæ Indorum, m. ij.*

*Bulliant ad consumptionem mediae partis.*

The leaues of Tabac. in the low countreys are vsed against scabs, & filthnesse of the skin, & for the cure of wounds: but some hold opinion, that they are to be vsed onely but for the cure of wounds, and to hot and strong bodies: for they say, that the vse of Tabacco is not safe in weake and old folke: and for this cause (as it seemeth) the women in America, as *Theuetus* saith, abstaine from the hearbe *Petum* or Tabacco, and can in no wise endure it.

### *Against rednesse of the face.*

*Rec. Lithagyri argentei, 3j.*

*Cerusa albissima, 3iiij.*

*Caphura, 3ij.*

*Aqua stillatiesan. sanct. Indorum, 3ix.*

*Aceti albi, 3ij.*

Let them settle sixe hours together at least, then filter them, and euery day twise or thrise wrete the face withall.

Another

Another against cancerous vlcers, and rednesse of the face.

Rec. *Plantaginis,*

*Circae Lutetiana,*

*Sana sancta Indorum,*

*Albumin. ouorum n°. xij,*

*Aluminis, l. ss.*

Mixe them together, and let them bee destilled: but it is best, first to infuse them together for twelue houres space.

There is an oyle to bee taken out of the leaues of Tabacco, that healeth merrie galles, kibed heeles, and such like. Tabacco doth likewise scour and cleanse olde and rotten vlcers, and bringeth them to perfect digestion, as *Nicolaus Monardis* saith.

The oyle or iuyce dropped into the eares is good against deafnesse: a cloth dipped in the same, and layed vp on the face, taketh away the lentils, rednesse, and spots thereof, as thus:

Rec. *Olei sana sancta Indorum, 3j.*

*Sulphuris in pollinem redacti, 3ij.*

*Misce sine foco.*

*Ad guttam rosaceam, ora sawce fleagme face.*

Rec. *Cerasum q. v. & ponatur cum aqua stillatitia tabaci ad solem, vel cum succo eiusdem herba: qua sicca adyciatur alia, dum fiat albissima &*

The triall of Tabacco.

fiant pilulae. Solvatur una ex aqua tabaci, et illinata rufacies.

For an olde or inueterate sawce-fleagine face.

*Roc. Caphura*, 3ij.

*Boracis*, 3ij.

*Pulueris subtilissimi foliorum san. sanct. Indorum*, vnc./ss:

*Misce cum succo limonum et melle despumato.*

Sowse it as an ointment daily.

It is vsed against poysone, and taketh away the maligntie thereof, if the iuyce bee given to drinke, with some *Theriaca* or *Mithridatum*, or the wounds of venemous beasts be washed therewith.

Tabacco preuaileth against all apostumes, tumors, inueterate vlcers, botches, and such like, being made into an vnguent or salue, as followeth.

Take of the greene leaues of Tabacco 1. iiij. ss. Stampe them very small in a stone mortar.

*Olei oliuarum* 1. ij.

Set them to boyle in a brasse panne, or such like vpon a gentle fire, continually stirring it, vntill the hearbes seeme blacke, and will not bubble, nor boyle any more: then shal you haue an excellent greene oyle: which being strained from the dreggie refuse or feces, put the cleare and strained oyle to the fire againe, adding thereto of

*Waxe*, 1. ss.

*Rosin*, 3iiij.

*Turpentine*, 3ij.

Melt them together, and keepe it in pots for your vse

to

to cure inveterate vlcers, apostumes, burnings, greene wounds and all cuts, and hurts in the head.

Tabacco is also good in burnings and scaldings with fire, water, oyle, lightning, or such like, being boyled with hogges grease in forme of an Vnguent, which I haue often prooued and found most true, adding a little of the iuyce of *Pomum spinosum*, or thorne apple leaues, spreading the same vpon a cloth, and so applying it.

*Ronsseus*, in his ninth Chapter, hath stoutly striued to shew al the Indications verie exactly, for the curation of al vlcers in the legges, and other parts that happen to those persons, which are troubled with the scuruy, or rather scorbut. And although that these vlcers are happily remedied with sudoriferous medicines, especially with wine extracted from the flowers of Antimonie, and with *Sanguis Antimony*, with Turbith Minerall, and other spagiricall liquors (for by these, that redundant humour which feedeth, and causeth the vlcer, is not onely dried vp, but also perfectly conglutinated and souldered) yet the busynesse would more happily proceede, and the cure besooner perfected, if there were in my iudgement certaine vulnerarie hearbes added to them, such as bee *Sana sancta Indorum*, *Pyrola*, *Alchimilla*, *Consolida Sarrasentca*, *cochlearia*, *sanicula*, *Nummularia*, and others of the same vertue. And thus would I make a *Balsamum*, for the curation of filthie vlcers comming by meanes of the scorbut.

*Rec. Foliorum Nicotiana & sine Peti Brasilianoram,*  
*Consolida Regalis,*  
*Betonica Pauli,*  
*Ophioglossi, anam. iiiij.*

N 3

*Nummularia,*

The triall of Tabacco.

fiant pilulae. Solvatur una ex aqua tabaci, et illinata r̄ facies.

For an olde or inueterate sawce-fleagine face.

*Roc. Caphurae*, 3ij.

*Boracis*, 3ij.

*Pulueris subtilissimi foliorum san. sanct. Indorum*, vnc. ss.

*Misce cum succo limonum et melle despumato.*

Sowse it as an ointment daily.

It is vsed against poysone, and taketh away the malignitie thereof, if the iuyce bee given to drinke, with some *Theriaca* or *Mithridatum*, or the wounds of venomous beasts be washed therewith.

Tabacco preuaileth against all apostumes, tumors, inueterate ulcers, botches, and such like, being made into an vnguent or salue, as followeth.

Take of the greene leaues of Tabacco l. iiij. ss. Stampe them very small in a stone mortar.

*Olei oliuarum* l. ij.

Set them to boyle in a brasie panne, or such like vpon a gentle fire, continually stirring it, vntill the hearbes seeme blacke, and will not bubble, nor boyle any more: then shal you haue an excellent greene oyle: which being strained from the dreggie refuse or feces, put the cleare and straineid oyle to the fire againe, adding thereto of

*Waxe*, l. ss.

*Rosin*, 3iiij.

*Turpentine*, 3ij.

Melt them together, and keepe it in pots for your vse

to cure inveterate vlcers, apostumes, burnings, greeke wounds and all cuts, and hurts in the head.

Tabacco is also good in burnings and scaldings with fire, water, oyle, lightning, or such like, being boyled with hogges grease in forme of an Vnguent, which I haue often prooued and found most true, adding a little of the iuyce of *Pomum spinosum*, or thorne apple leaues, spreading the same vpon a cloth, and so applying it.

*Ronsseus*, in his ninth Chapter, hath stoutly striued to shew al the Indications verie exactly, for the curation of al vlcers in the legges, and other parts that happen to those persons, which are troubled with the scury, or rather scorbut. And although that these vlcers are happily remedied with sudoriferous medicines, especially with wine extracted from the flowers of Antimonie, and with *Sanguis Antimonyj*, with Turbith Minerall, and other spagiricall liquors (for by these, that redundant humour which feedeth, and causeth the vlcer, is not onely dried vp, but also perfectly conglutinated and souldered) yet the businesse would more happily proceede, and the cure be sooner perfected, if there were in my iudgement certaine vulnerarie hearbes added to them; such as bee *Sana sancta Indorum*, *Pyrola*, *Alchimilla*, *Consolida Sarrasentca*, *cochlearia*, *sanicula*, *Nummularia*, and others of the same vertue. And thus would I make a *Balsamum*, for the curation of filthie vlcers comming by meanes of the scorbut.

*Rec. Foliorum Nicotiana sine Peti Brasilianorum,*  
*Consolida Regalis,*  
*Betonica Pauli,*  
*Ophioglossi, anam. iiiij.*

N 3

*Nummularia,*

The triall of Tabacco.

Nammularia,  
Persicaria maculosa,  
Chelidonia maioris, ana m. j.  
Florum fug. demonum, m. j. ss.  
Centaury minoris,  
Flo: Chamomeli, ana m. j.  
Radicum consolid. maioris &  
Rad. althaea recentium, ana 3vij.  
Lumbricorum terrestrium vino maluatico lo-  
torum, vnc. x.

Incisa et contusa circulentur, Pellicano Hermetice fer-  
ruminato inclusa, in libris duabus olei vetustissimi, et l. j.  
terebinthina abietin. per tempus trimestre. After these  
three moneths space, destill them in a Retort with a milde  
and gentle fire. In the destilling adde vnto it, Tegu-  
larum, 3xx.

Rec. Huius destillati, l. j. ss.

Vernicus, vnc. vj.

Axung. human. vnc. viij.

Mumm. communis contrit. vn. vj.

Mastiche,

Myrrh.

Aloes,

Thuris,

Styracis liquidi, ana vnc. vj.

Destillentur adhuc semel, cum laterum in pul-  
uerum redactorum l. j. Postea adde

Oleorum petrolei,

Olei è terebinthina,

Olei è grana Juniperi, ana 3iiij.

Paluer.

Puluer. aruginis, vnc.ij.

Fiat Balsamus artificialis viridis.

And of the same vertue is this that followeth.

Rec. Terebinth. vnc.ij.

Thuris vnc.ij.

Aloes,

Masticheſ,

Caryophyllorum,

Galang.

Cinnamomi,

Croci,

Nucis mosch.

Cubebarum, ana vnc.ij.

Aqua. stillattit. san. sanct. Indorum, et

Aqua Hordei, anal. j. Destillentur.

An excellent Iniection to deterge and cleanse ulcers, especially those that happen in  
the scorbute.

Rec. San. sanct. Indorum, m.ij.

Ligni sancti subtilissime puluerisati, et

Corticis eiusdem, ana vnc.ij.

Aristoloch. long.

Centaurij minoris,

Absinthij,

Equiseti,

Eupatoryj,

Saniculae,

Foliorum myrti,

Pimpinellae,

The triall of Tabacco.

Pimpinella, et  
Consolidamed. vulnerariorum, ana, m.j.  
Corticum thuris,  
Myrrha,  
Sarcocolla, ana 3v.  
Vini rubri odoriferi, l. iiiij.  
Mellis despumati, 3iiij.

Boyle all these together, and when it is strained, make an iniection into the vlcer, adding to it of the best aqua vita 3j. for euery time that you vse the iniection. Or else, if to the former decoction, you adde of aqua vita l. ij. & destill them all together in a glasse limbecke in *Palneo Maria*, you shall haue an excellent water, to deterge, cleanse and conglutinate filthy, hollow, stinking, or sordidous vlcers.

This ointment also following, will performe the same effect.

Rec. Succi san. sanct. Indorum, lib. 5.

Mellus electi, 3iiij.

Farina hordei, vnc. ij.

Myrrha elect. 3ij.

Terebinth. vnc. j. ss.

Boile all these together, and make an Vnguent to dippe, or arme your tents withall, that shall be put into the cauities of any vlcers.

Paracelsus the fuliginous Alchimist, in his first booke, *Chirurgia Mag. tract. 2. cap. 9.* plainly describeth the same vertues to bee in that oyle which hee there calleth, *Oleum antimonij*

*antimony rubicundum.* In like sort *Oleum eris, Oleum Saturni* but chiefly *Sal Saturni album* brought into powder, distilled in a retort with a very cleare fire, vntill all the spirits be vanished, and the water after that separated from the oyle per *Balneum*: for within a few dayes it perfectly cureth those vlcers, which of som are esteemed for incurable, especially those that follow any scorbuticall sicknesse.

Master John Gerard the most learned herbarist of this age, in his great Historie of plants, describeth an excellent balsame, surpassing in my conceit all the fore-recited: which here in this place I purpose to let downe, in regard of the many and notable vertues that are in it. I doe make (saith he) of Tabacco an excellent balsame to cure deepe wounds, and punctures, made by some narrow, sharpe, and sharpe pointed weapon: which balsame doth bring vp the flesh from the bottome very speedily, and also heale simple cuts in the flesh according to the first intention, that is to say, to glew or sholder the lippes of the wound together, nor procuring matter or corruption vnto it, as is commonly seen in the healing of wounds. The Receipt is this:

*Rec. Oleiro sarum,*

*Olei Hypericonis, ana l. j.*

*Foliorum tabaci in mortario contusorum, l.ij.*

Boyle them together to the consumption of the iuyce, then straine it, and put it to the fire againe, adding thereto of

*Venice Turpentine 3ij.*

*Olibani,*

*Masticis, ana 3ss.* in most fine & subtile powder, the which you may at al times make into an Vng or salue by putting thereto wax and rosin to make it a stiffe body, which worketh exceeding wel in malign & virulēt vlcers,

### *The triall of Tabacco.*

as in wounds & punctures. I send this Iewell to you wo-  
men of all sorts, especially to such as cure and helpe the  
poore and impotent of your countrey without reward.  
But vnto the beggerly rabble of witches, charmers, im-  
posters, and such like cozeners that regard more to get  
monie, than to helpe for charitic, I wish these few medi-  
cines farre from their vnderstanding, and from those de-  
ceiuers, whom I wish to be ignorant herein. But courte-  
ous Gentlewomen, I may not for the malice that I doe  
beare vnto such, hide any thing from you, of such im-  
portance: and therefore take one more that followeth,  
wherewith I haue done verie many and good cures, al-  
though of small cost, but regard it not the lesse for that.)

And thus it is:

*Rec. Foliorum tabaci, l. ij.*

*Axungia porcinae, l. j.*

Stampe the hearbe small in a stone mortar, putting  
thereto a small cup-full of redde or claret wine, stirre  
them well together, couer the mortar from filth, and so  
let it rest vntill morning, then put it to the fire againe, and  
let it boyle gently, continually stirring it vnto the con-  
sumption of the wine, then straine it, and set it to the fire  
againe, put thereto of the iuyce of the hearbe *l. j.*

*Terebinthina veneta, 3iiij.*

Boyle them together to the consumption of the iuyce,  
then adde thereto of the roots of *Aristolochia rotunda*,  
or birth-wort in most fine powder, *3ij.* Sufficient waxe  
to giue it a bodie, the which keep for thy wounded poore  
neighbour. This also helpeth & healeth the old and fil-  
thy vlcers of the legges and other parts.

Tabacco is vsed of many men in outward medicines,  
either

either the hearbe boyled with oyle, waxe, rosin, and turpentine, as before I haue set downe; or the extraction thereof, with salt, oyle, balsame, the destilled water, and such like, against tumors, apostumes, olde vlcers of hard curation, botches, scabbes, stinging with netles, carbuncles, poysoned arrowes, and wounds made with gunne, or any other weapon.

Thus haue you heard what the learned & skilfull Chirurgion, and Herbarist Master *John Gerard*, a man of unreproouable authoritie, saith of Tabacco, and yet I think he will not say, that it fitteth all persons alike: for I suppose, that it is nought for Alchymists, Brewers, Bakers, Smithes, cookes, furnace-men, more than for fisher-men, and such waterish people. All things haue their season.

*Imponit finem sapiens & rebus honestis.*

Iuuenal Sa-  
tyr. 6.

A wise man may vsle moderation,  
Euen in things of commendation.

And I may lay my *Pater noster* out of season:

*Diuersos diuersia iuant, non omnibus annis  
omnia conueniunt.*

Cat. eleg. 1.

Diuers delights to diuers men:

Nor to all,

Doe all things at all yeares  
conuenient fall.

The leaues of Tabac. being applied vpon green wounds, staieth the flux of bloud, & soldereth & glutinateth them: and if the wounds be verie great, they must first bee washed with white wine, and so the lippes of the wound bee ioyned together, the iuyce of the leaues must be sprinkled or cast on, and the drie leaues being bruised belayed all

### The triall of Tabacco.

ouer vpon the wounded place. And the next day folowing, and from day to day, this order must bee strictly obserued, vntill it be perfectly brought to cure, obseuring withall a true regiment in our diet, and order of liuing.

Doubtlesse, this is a rare miracle of Nature, and a wonderfull vertue, that is in this contemptible little plant, or rather esteemed to be so vilde, base, and contemptible. For if any one be newly and dangerously wounded, and that the miserable partie feeleth a bleeding vnto death, what is a more noble medicine, or more readie at hand, then Tabacco, to binde hard vpon the wound, to stay the inordinate effusion of bloud? Questionlesse, if wee were as diligent and greedie to search out the true properties and vertues of our owne domesticall remedies, which we buy of others so dearely, wee would not enforce our selues with such eager pursute after those of forraine countreys, as though things farre fetcht off, were better than our owne neare at hand; or as though nothing were good and holesome, vnlesse it came from Egypt, Arabia, China, or India. Surely, vnlesse there were some wilde worme in our braines, or that we were bewitched, and possessed with some furie, we would not so farre be in loue with forraine wares, or be so much besotted, as to seeke for greedy new Physicke, and physicall meanes, considering that one poor plant, tabacco, wil (being rightly vsed) do more good for the stanching of bloud, the curation of wounds and ulcers, the hindring of *sanies*, slime or slough to grow in any sore, to abate and quench swellings and paines, to conglutinate, and consolidate wounds, more than a cart load of Bole fetched out of Armenia, Sarcocolla, Sandaracha, or that earth which is so much nobilitated by the impressse of a scale, and therefore called *Terra Sigillata*, the clay of

Samos.

*Samos*, the durt of Germanie, or the loame of *Zemnos*. For Tabacco hath a moderat adstriction, it soldereth, ioy-neth and closeth vp wounds, nor suffering any rotten or filthy matter to remaine long in them.

And in regard of these excellent vertues and qualitieſ, it quickly cureth bleeding at the nose, the Hæmorrhoides and other bloudie fluxes, whether of the opening of the mouthes of the veines, their apertions, breakings, or any other bloody euacuation that too much aboundeth, being either giuen by it ſelſe, alone in ſome wine either inwardly, or outwardly, or commixed with the bloud-stone, *Crocus Martis*, and other the like remedies fit for the ſame intentions.

*Laurentius Ioubertus* describeth an Vnguent, which is of ſingular force, made of Tabacco, for the curation of wounds, ſcabbes, and the diſease called *Scrophules*, or the Kings euill: yea, for that ſame knottie ſcourge of rich men, and the ſcorne of Physicians, I meane the gowt, which as ſom learned men hold opinion, can by no means be remedied, yet feeleth mitigation and diminution of paine, and curation also onely by this admirable medicine, whose deſcription in this place, I will rightly ſet downe, and thus it is.

*Rec. Foliorum ſan. sanct. Indorum, l. ij.*

*Axungia porcina recentis diligenter lora, l. j.*

The hearbe being ſtamped or bruſed, let it be iufted a wholenight in red wine, in the morning boyle it with a gentle fire with the axunge to the conuumption of the wine. Then ſtraine it very hardly: and that being done, addē to it of the iuyce of *Sana ſancta Indorum, l. ſc.*

The triall of Tabacco.

Resinæ abiegnæ. vnc. iiiij.

Boyle them againe to the consumption of the iuyce, and toward the end of the boyling, adde to it of

The roots of *Aristolochia rotunda* in powder, vn. ij.

New wax so much as is sufficient.

So make it vp into the forme of an vnguent.

If you would haue this Vnguent in the forme of a Cerote, then encrease the weight of the waxe, and you haue your desire.

Truth the daughter of Time hath brought to light, that Tabacco strangely cureth olde vlcers or sores, and mortifications or gangrenes, if the iuyce of the leaues bee dropped vpon the places, and the leaues first bruised, and applyed thereon, without any other curious application or anxious mixture; the bodie being first purged, and the redundant peccant humours, being first duly euacuated, by the aduise of some learned Physician, and a veine opened, if so be it be thought needfull, with keeping of a strict and orderly kinde of diet: for *Nullum est tam potens medicamentum, quod præstare eam quam pollicetur opem potest, si ratione vicitus aut perturbetur aut non adiuuetur.* There is no medicine so effectuall or of such sufficient vertue onely by it selfe, to cure any disease, and to expell sicknesse, and restore to health, if by the order of diet, & regiment of life, it bee either hindred, or not somewhat helped.

Furthermore, it is found by long practise, that it is very auailable and effectuall, not onely for the cure of vlcers in men, but also in brute beasts: for throughout all *India* strange and many sores doe plague theiroxen, and other cattell, which by reason of the exceeding and super-abund-

dant

dant moisture of the countrey, doe putrefie and swarne with wormes: on which poore beastes they were wont heretofore to insperge *sublimatum*, being destitute of better remedies: and because the price of this was at a verie hie rate in those places, it oftentimes so fell out, that the medicine cost more, than the silly beast which was to bee cured was adiudged to be worth. Wherefore having experimented the faculties and properties of Tabacco in men, they transferred the vse thereof to the curation of rotten, stinking, and such corrupt soares of beastes as were full of crawling wormes, and they quickly found that the iuyce of the hearb being dropped into the place, did not onely kill worms, but also cleane and mundifie the vlcers, and afterwards bring them to perfect cicatrization: and for the same cause the Americans euer carrie about them some of the powder of it.

I know a certain man that had an vlcer in his nose, out of which there issued forth a virulent or filthy matter or *saries*, not without great suspicion of some contagion, or infectious sicknesse: who by mine aduise dropped in som of the iuyce of the leaues of Tabacco, and when hee had done so twise together, a great many wormes first came forth, and after that fewer, and lastly after a fewe dayes the sore was absolutely cured, and no wormes neuer after that issued forth: yet the parts that were consumed, and eaten away could neuer againe by any art bee throughly restored.

This plant being hot and drie in the second degree, as some would haue it, doth by meanes thereof vndoubtedly purge and cleanse: and so it may heale either *ulcera putrida ac corrosiva in naribus*, and *Noli me tangere*, so named because it resembleth (as some imagine) a curst shrew that

must

The triall of Tabacco.

must not be touched when she is angry, for then she will be, *aleata immixta hydram*: therefore I suppose it is not good to wake an angry dog; and when a mischiefe is well quieted and brought asleep, it is good to goe your waies, and lay neuer a word.

The new-found Alchymists of our time take vpon them to make *quidlibet ex quolibet*, weauing and vnweauing daily the lucklesse webbe of *Penelope*: without either reason for their misterie, or great reward for their labour: and yet *Johannes Liebaultius* writheth that there are which destill water of the greene leaues of Tabacco in a lymbecke of glasse, which water is no lesse singular in all effects, and pations, then the verie iuyce, helping all wounds, soares, and bruses, euen restoring to men which by some aduenture, or by some poysonus malignicie and vapour, haue lost their nailes, new ones by washing that part with the water destilled, and after wrapping them vp in fine linnen clothes dipt in the water. So that it is no maruaile if the people of the new-found world, which we commonly call the West Indies, doe make such hie reckoning of this hearb: for there are found diuers populous nations in farre differing clymates, that liued for the most part vpon filthy and loathsome poysonus Spiders, as also of grashoppers, pissemires, lizards, and night-bars; and an ougly toade was solde for sixe crownes in a time that al such meats were scarce amongst them, which they boyle, roste, bake and dresse with diuers kinds of lawces. *Albertus Magnus* mentioneth a maid, who accustomed her stomacke to liue onely vpon spiders. I should iudge that Tabacco were good for these kinde of people. But yet this seemeth more strange, that some of these people haue been found among thise nations, to whome our vsuall

flesh, and other meats were mortall and venemous. Great is the force of custome : Hunts-men will watch all night in the snow, and endure to be scorched on the hils : Fencers bruised with sand-bagges or cudgels, and doe not so much as groane. Aristotle speaketh of one *Andron* the Argine, that he would trauel al ouer the scorching sands of *Lybia* without drinking, which is impossible for any other to doe.

In like maner may we say of our Tabacco: for as vse is the most effectuall master of all things ; so we see that Tabacco breedeth such passions in some, as though they had receiuied some strong poyson, & yet others that are poisoined, do find it to be a good preseruatiue against poilon. In som it causeth fainting & swouning; with another, vtter deiection of the strength: with others againe it worketh a contrarie effect. I may say, it is like wine. For many other ouer shoot themselves with fuming wines, & yet the liquor may be all one, and yet not worke the same effect in all: for some sigh, others smile, some are dum and silent; others attentive, and full of words: some embrace, others fight: some sleep, others sing, according to the diuers humors of their bodies, and instincts of nature. So the fuming vapor of tabacco will cause some to be drunke, & to haue a reeling giddiness in their heads: others again on the contrary, say, that it expelleth drunkennesse, & all swimmings in the brain. In some, tabacco causeth vomiting; in others again that I haue known, it performeth the contrary effect by strengthening the stomacke, staying vomiting, & causing a good appetite. Some, if they take Tabacco much, are transported with rage and cholet, so that you shall see & heare, inflammation & fiery rednes of the face, vnwonted othes, chafing, vnquietnesse, and rash precipitation.

### The triall of Tabacco.

*Oratument ira, nigrescant sanguine vena,  
Lumina Gorgoneoſ auisigne micant.*

In English thus :

The face through anger swels,  
the veines grow blacke with blood,  
The eyes more fiercely shine  
than *Gorgons* fierie mood.

Yea, in some great Tabacconists , you shall see them staringly wilde, their face troubled, their voyce frightfull and distempered. They foame at the mouth, they startle and quake, rage and ruffle, and wordes escape them, that they afterwards repent. But in others againe it caufeth a pleasant humour, and cleane contrarie usages, humours, and passions. Tabacconists and Tabacco-companie keepers haue in my opinion, but slightly harpt vp on this string, no more than they haue vpon others of the like or greater consequence : so that by their varietie of conceits, and instabilitie of their humours, and opinions, they do (as it were) lead vs closely by the hand to this resolution of their irresolution.

Some there are also, who (to speak like a Chymist) doe destill oyle of Tabacco, *per descensum*, which oyle these authors (agreeing with the Paracelsians) preferre before all other applications, either of leaues, iuyce or powder, because the quintessences (quintessence is no other thing but a qualitie, wherof we cannot with our reason find out the cause) and extractions drawne out of the simples, are the subtile spirit, and haue the purest vertue, and facultie of the substance from the which they are drawne.

This oyle is much commended against the tooth-ache,

the

the coughs, and the rawnesse or coldness of the stomack, and the disease called the Marc.

Many of the Africans are tormented with the tooth-ache, which as some thinke they are the more subiect vnto, because immediatly after hot porrage, they drinke colde water: as *John Leo* in his first booke saith.

In *Africa* likewise, those which are of a sanguine complexion, are greatly troubled with the cough, because that in the Spring time, they sit too much vpon the ground. And vpon Fridaies I had no small sport, and recreation (saith the same *Johannes Leo*) to goe and see them. For vpon this day the people flocke to Church in great numbers to heare their Mahumetan sermons. Now, if any one in the sermon falleth a coughing, or a neezing, all the whole multitude will doe the same for companie, and so they make such a noise, that they neuer leaue, till the sermon be quite done: so that a man shall reape but little knowledge at any of their sermons. I shoulde thinke it good that these kinde of people would take either the fume, powder or destilled oyle of Tabacco for their vntimely and vnreasonable coughing, and neezing: and since they are so much subiect to the tooth-ache (as I saide before) there is no man but will deeme it farre better for them than for vs who are vexed with none of these maladies, and yet take it excessiuely.

The powder of Tabacco is an excellent dentifrice, or cleanser of fowle and rustic teeth, making them to looke verie white, by scowring away all that *sordes*, clammie, & stinking matter that sticketh vnto them. There be nations who indeuour to make their teeth as blacke as jeate, and scorne to haue them white, and in other places they die them redde, and these sorts of people neede not any Ta-

## The triall of Tabacco.

bacco for this intent.

For stinking and rotten gums in the disease called the scorbie, and in sore mouthes, there is nothing better than *Nicotiana*, being taken in a gargasisme, which is published by *Julius Palmarius*, and it is also set forth not many yeares since by Maister *Banister* in a booke, which he calleth his Antidotarie Chirurgicall.

*Rec. Herdei integri, p. ij.*

*Sana Sancta Indorum,*

*Morsus gallinae,*

*Eupatory,*

*Plantaginis,*

*Rosarum rubrarum, ana m. j.*

Boyle all these together in *aqua lib. iiij.* till the one part be consumed, then adde thereto

*Mellis rosacei,*

*Serapij resarum siccaram, ana 3ij.*

*Aluminis vsti,*

*Calchanti vsti, ana 3/5.*

Boyle all these with a walme or two, and so let it coole, and then keepe it to your vse.

Because I haue made mention of a strange disease, called in English the Mare, of the Grecians *Ephialtes*, and of the Latines *Incubus*, which (as I said) the extracted oyle of Tabacco cureth: I will declare briefly what is meant thereby.

*Ephialtes* then, or the Mare, so called of Physicians, is

a disease of the stomack, concerning which read *Paulus Aegineta.lib. 3. cap. 16.* Many, which are taken with this disease, imagine that a man of monstrous stature sitteth on them, which with his hand violently stoppeth their mouth, that they can by no meanes crie out, and they striue with their arms and hands to drive him away, but all in vaine. Some ledde with vaine fantasie, thinke him who oppresleth them, to creepe vp by little and little on the bed, as it were to deceiue them, and anone to runne downe againe. They seeme also to themselves to heare him. This disease of the night-Mare, is also called by another name, *Puigalion*, or *Puigamon*. It commeth by meanes of certayne grosse and thicke vapours, which doe partly intercept, and hinder the free passage of the spirits animall: by which meane, difficultie of speaking and breathing, doe proceede, with a perturbation of the sense and motion of the whole bodie. Now this dreadfull grieve (which some being much deceiued, thinking that it must onely proceede of witchcraft) is chiefly remedied with the extracted oyle of Tabacco, a fewe drops taken in sacke or maluesie, after the stomacke bee first accordingly, by the rules of art, expurged from those superfluous humours, which are the true cause of the disease.

The oyle of Tabacco for a colde and moist stomacke, is farre better than oyle of pepper, oyle of Anniseeds, the exrracted oyles of Fennell, Commin, Mastickie, Cloaves, or Calamint: and if an Electuarie were made for this diseale called the Mare, I suppose this to be excellent.

The triall of Tabacco.

An Electuarie for an ouer-cold and moist stomacke.

*Rec. Pulueris aromat. ros. maioris ex descriptione  
Gabrielis, 3ij.  
Pulueris electuar. diacalaminthes, 3j.  
Diatrion piperij, 3ij.  
Conserua anthos & rosarum Damascenarum,  
ana 3ss.  
Sacchari optimi, vnc. j. ss.  
Serapij de mentha quod sufficit, ut fiat elect.  
liquidum. Adde  
Olei tabaci chymici gnttas aliquot.  
Dosis vnc. ss. per horam unam aut alteram  
ante pastum.*

I haue discoursed sufficiently (as I iudge) of the vertues of Tabacco for inward diseases of mans bodie: now will I proceede to his effects in curing those that happen outwardly: and first there is prescribed vnto vs this Vnguent.

*Rec. Of the choysest, and most substantiall leaues  
of Tabacco, lib. j.*

Beat them in a mortar of marble, and after that take of  
*Axungia porcina, lib. ss.*

Let it be refined and clarified, and without salt: so this being melted, adde to it the Tabacco, and set it ouer a soft fire to seeth deliberately, and leasurely, vntill such time as you finde the waterish humiditie of the Tabacco to be vapoured away, and that the mingled substances retaine

taine the force of a perfect Vnguent. Reserue this for a singular and medicinable good Vnguent for sores, vlcers, carbuncles, tetteres, and likewise to dissolute tumours.

There is also another in vse, which is this that followeth.

*Rec. Terebinthina,*

*Resina,*

*Cera nouæ, ana vnc. iiij.*

Melt them together, and then adde to them of Tabacco prepared as before, lib. j. mixe them together, and after with a slow fire set them to incorporat, seething together ffe or sixe houres, vntill the waterish humour of the Tabacco be cleane euapourated. After this is done, straine it through a coorse linnen cloth, that may be very strong. After all this, take of Venice Turpentine l. ss. infusing it into these things before said, without any more boyling of it, but yet stirring it cōtinually til it be cold, afterwards preserue and keepe these as precious Vnguents. This sur-passeth the former in all colde griefes, to amend and ease the swelling paines and aches of the gowt, *Sciatica*, and the like, helping and comforting weake and resolued sinewes, and cicatrizeth.

Master *William Clowes*, a skilfull Chirurgeon of London in his booke of obseruations for curing gun-shot, describeth an excellent Vnguent of *Nicotiana verie* like vnto the former, which he learned, as hee affirmeth, of a verie learned man both in Physicke and Chirurgerie, which he said had wrought wonders aboue beliefe, but I (saith Master *Clowes*) found not that excellencie in it, which he promised, and I looked for: neuerthelesse, I acknowledge it a medicine not to be disallowed: and this is the order of making

The triall of Tabacco.  
making of it, as the Physician appointed.

Rec. Foliorum Nicotianæ, l.j.

Let the leaues be well stamped, and after strained out as strongly as possible may bee, then adde thereto

Cera nouæ,

Resina,

Olei communis, ana 3ij.

Let all these boyle together vnto the consumption of the iuyce, then adde thereunto terebinthina veneta, 3ij. boyle all a little together, and reserue it to your vse. But this Vnguent since it was first knowne, is greatly bettered, chiefly by *Iosephus Quercetanus*, and others also.

Morcouer with the foresaid descriptions, there is also another in vse, and more necessarie for wounds made with gunshot: and I haue approoued it in many other cures: and thus it is truely prescribed, and published.

Rec. Succ de Peto, lib.vj.

Adipis ouini, lib. ij.

Olei communis, lib. xij.

Terebinthina veneta, 3xij.

Resina pini, lib. j.

Masticis, 3ij.

Colophonie, lib. ij.

Cera, lib. j.

Vini albi, l.j.

Misce & fiat Vnguentum secundum artem.

Let not the *Succus of Petum* be put in, before all the rest be well relented together, and then strained into a cleane panne: and being molten, put in the iuyces to the rest, and boyle it till the iuyces bee all consumed. Then straine it againe,

againe, and reserue it to your vse. This Vnguent doth notably incarnē and mundifie.

You shall here, in the closing vp of this my discourse, haue prescribed two singular oyntments of my owne inuention, wherewith I haue performed many great cures, and thereby haue wonne both crownes and credit.

*Rec. Herbarum, san & sancta Indorum, m. iiij.*

Vnguen-  
tum Sa-  
nans no-  
strum.

*Quinquenervia,*

*Sanicula, ana m. ss.*

*Consolida media vulnerariorum,*

*Bagula,*

*Solidaginis Saracenica, ana m. j.*

Beat and temper them all with barrowes grease, l.j. and of the best oyle oliue, l.ss. and adde to them *Vini albi*, l.jss. to be boyled the space of one houre. Afterwards straine them, and adde to them of waxe, l.ss.

*Resina,*

*Terebinthina, ana 3iiij.*

*Misce & fiat Ceratum.*

This doth notably heale.

This other that followeth is both sanatiue and mundificatiue, and this is the true description of it.

*Rec. Terebinthina, 3ss.*

Vnguen-  
tum no-  
strum Sa-  
nans &  
mundifi-  
cans.

*Vnguenti aurei,*

*Vnguenti tabaci prius descripti, ana 3ss.*

*Myrrha,*

*Masticas,*

Q

*Sarcosella,*

The triall of Tabacco.

Sarcocolla, ana 3ij.

Succi Tabaci, 3j/s.

Cera,

Resinæ, ana 3iiij.

Melis, 3ij.

Olei Hyperici q. sufficit.

Cum vitell. ouorum p<sup>o</sup>. ij. Fiat Vnguentum.

Thus much as touching Tabacco, though not so much as others perhaps might, and I could haue done; but yet so much as I thought worthy to be noted and written, for to satisfie and content the gentle good will of the louing and courteous readers, if that it please them to take as great pleasure, and patience to read it, as I haue taken paines after my long endurance in prison of the kings Bench, to set it forth. Which thought neuer to haue done, had it not been for the earnest sollicitations and importunitiess of my best and dearest friends. I am sure that some will finde this my discourse too long, others too short and trifling, and peraduenture vpbraide and cast in my dish the saying of the famous Poet *Terentius* in his Comedie entituled *Heautont. Act.4. sce.1.*

*Næ iste magno conatu magnas nugas  
dixerit.*

This fellow sure with much adoo,  
Hath told great tales and trifles too.

But if there be any such fault-finders, quarrell-pickers, corner-creepers, or spider-catchers, I will leaue both them and their figuratiue flowts, wherewith they are accustomed to hit men ouer the shinnes, and end this my discourse

course with the Poet Martialis, lib. 13. Epigram. 21.  
against all such detractours.

*Nasutus sis usque licet, sis denique nasus,  
Quantum nolauerit ferre rogatus Atlas:  
Et pos sis ipsum tu deridere Latinum,  
Non potes in nugas dicere plura meas,  
Iff se ego quam dixi: quid dentem dente junabit  
Rodere? carne opus est, si satur esse velis.  
Ne perdas operam, quise mirantur, in illos  
Virus habe, nos hac nouimus esse nihil.*

In English thus:

Suppose you were long nos'd,  
                suppose such nose you weare,  
As *Atlas*, if you should entreat  
                him, would not beare:  
That you in flowting olde  
                *Latinus* can be fine,  
Yet can you say no more  
                against these toyes of mine,  
Than I haue said: what boor is't,  
                tooth with tooth to whet?  
You must haue flesh, if you  
                to glut your selfe be set.  
Loose not your paines, gainst them  
                who on themselves are doating:  
Keepc you your sting? we know  
                these things of ours are nothing.

F I N I S.

Q 2 +